2026 CT ND Dataset -

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001. ND Ademi, Bakke, Cholewinski, Schindler Pages at ctnatmed.com

a) from ctnatmed.com/naturopathic-doctors:

“Meet Our Naturopathic Doctors at Connecticut Natural Medicine. Dr. Schindler, ND, MS, IFMCP, LMT-Medical Director. I completed my Doctorate of Naturopathic Medicine at the University of Bridgeport and went on to receive post-doctoral training in Functional Medicine from the Institute for Functional Medicine and have also completed a Master's degree in Nutrition. For 20 years I practiced as a Licensed massage therapist in many settings including a physical therapy clinic and have worked on thousands of bodies. I went on to specialize in prenatal massage and trained with Rosita Arvigo to learn the ancient tradition of Maya Abdominal Therapy which has helped countless women to live a fuller life no longer troubled with menstrual or reproductive issues. I also practiced as a birth doula for over 7 years while in medical school. In this role I had the amazing privilege of seeing life in all stages from infertility, preconception, through pregnancy, attending births and postpartum. It brings me so much joy to watch all of these babies grow, learn and find their way in the world! I’ll always welcome an updated picture of one of my little ones! It was my own health struggles that led me to seek out a Naturopathic Doctor who was able to get to the root cause of my health issues which was undiagnosed Lyme disease. I’m a pretty open book about what happened to me and my struggles finding a diagnosis and treatment and I want to help others to know that 100% recovery IS possible! It is for this reason that I chose to pursue a career in Naturopathic medicine and for this reason that I totally understand how it feels to be slighted by the medical community and what chronic pain really feels like. When a patient tells me no one has been able to help them, I immediately put on my detective brain and will do what I can to find them answers and treatment. My current focus and areas of expertise include: Infertility PCOS Endometriosis Menstrual irregularities, hormone imbalance and menopause Lyme disease Chronic pain & Chronic fatigue Thyroid disease Gut dysfunction including SIBO Adrenal health Anxiety, stress & depression. I see patients from all walks of life, all ages and I have really grown to love doing men’s health as well. Education: Doctorate, University of Bridgeport, School of Naturopathic Medicine Master's of Science in Nutrition-University of Bridgeport Northeastern University, Boston, MA - Bachelor's of Science in Healthcare management The Institute for Functional Medicine Connecticut Center for Massage Therapy, Newington, CT Additional Training & Certifications: 2017-Arvigo® Institute-Arvigo® Maya abdominal massage practitioner 2017-Arvigo® Institute-Advanced pregnancy training 2015-Upledger Institute International- CranioSacral training 2014-present-Nelson’s Bach Flower Remedies-College advocate and educator 2014-Sudharma Institute-Certified Postpartum Doula 2014-International Placenta and Postpartum Association-Certified placenta encapsulation specialist and educator 2013-MotherMassage Certification-Elaine Stillerman 2012-WomanCraft Midwifery program 2012-Sudharma Birth Services-Birth Doula Training Appearances & Publications: Thesis: “Methylenetetrahydrafolate reductase polymorphisms: Mitigating Genetic midline deformities in the Pediatric Population.” 2017-Guest on Dr. Kendra Becker, APRN, ND-Television show. Topic: What is a doula and why do I need one? 2017-Guest

Speaker on Dr. Kulveen Virdee, ND LAc. Radio Show WPKN- Topic: What is a doula's role in the birth process? Dr. Bakke, ND. Dr. Jennah Bakke is a licensed naturopathic physician practicing in Connecticut. She was born and raised in Minneapolis, Minnesota where she grew up with an appreciation of the outdoors and a love of helping others. Dr. Bakke received her Bachelor's degree in Psychology from the University of Montana. She spent the following seven years working as a behavioral therapist with children with autism. During this time she was experiencing chronic migraines and generally in poor health. She was introduced to the world of natural medicine which changed her life drastically and led her to pursue a career in natural medicine. After relocating to the East Coast with her family, Dr. Bakke graduated Summa Cum Laude from the University of Bridgeport with a Doctorate degree in Naturopathic Medicine. During her time as a student her interest in pediatrics, family medicine and disease prevention grew. Dr. Bakke uses conventional, functional and alternative diagnostic methods to identify root causes of illness. She prioritizes using the least invasive treatment modalities including: nutritional therapy, herbal medicine, supplements and homeopathic remedies. She aims to educate and empower her patients to take charge of their own health and reach a state of optimal wellness. Her specialties include: Pediatrics Family Medicine Gastrointestinal Health Pre-natal and Post-natal Care Hormone Imbalance Autoimmune Disease Thyroid Disease Adrenal Health Genetics Lyme Disease Asthma Allergies Eczema. During her free time, she enjoys cooking, hiking and camping with her husband, sons and black lab named Bleu. Dr. Cholewinski, ND. Dr. Kara Cholewinski received her Doctorate in Naturopathic Medicine from the University of Bridgeport, where she completed 1000+ hours of clinic hours as a student clinician. Her education and clinical experience have given her the expertise to address a wide range of health concerns, including chronic illness, digestive issues, hormonal imbalances, and stress management. Dr. Kara came across the power of naturopathic medicine after pharmaceuticals didn't resolve her chronic ear infection. Her love for botanical medicine grew as she learned more about the healing power of nature, and she decided to step away from her original path to become a pharmacist to pursue her Doctorate in Naturopathic Medicine. With a deep commitment to treating the root cause of illness rather than just alleviating symptoms, Dr. Kara uses a patient-centered approach that integrates mind-body medicine, lifestyle changes, and natural therapies to promote overall health and well-being. Her goal is to create a safe healing environment where her patients feel heard, supported, and inspired to take an active role in their health. Her specialties include: Family Medicine Anxiety, Stress & Depression Insomnia Mind-Body Medicine Thyroid Disease Gastrointestinal Health Adrenal Health Autoimmune Disease. During her free time, she enjoys cooking, kayaking, snowboarding, hiking, and spending time with her fiancé, family, friends, and her two dogs, Luna and Axel. Dr. Ademi, Nutritionist. Dr. Ademi holds a B.S. in Business Management from Post University. She started her professional journey in the business and finance sector. However, after facing her own health challenges with Lyme disease, she discovered her true calling in medicine. This transformative experience prompted her to relocate to Arizona, where she earned a Doctorate in Naturopathic Medicine from Sonoran University of Health Sciences. She is passionate about individualized healthcare and understanding that one size does

not fit all. Her mission is to develop personalized nutrition and lifestyle plans tailored to each person. Dr. Ademi is committed to listening to her patients and working collaboratively to optimize their diet and lifestyle. In her free time, she enjoys kickboxing, pickleball, paddleboarding, hiking, and spending time with family, friends, and her two cats, Coco and Tino. She is fluent in both Albanian and English."

b) from ctnatmed.com:

"Welcome to Connecticut Natural Medicine 12 Main St #7, Ellington, CT 06029 Comprehensive Medical Care for Adults and Children including: Family Medicine Pediatrics Women's Health Men's Health Nutritional Counseling Hyperbaric Oxygen Therapy Infrared Sauna with Red-Light Therapy Cold Plunge Celluma (face) Light Therapy IV Therapy Eminence Products & others. **We do not accept insurance or walk in appointments (with exception of Dr. Cholewinski). All appointments are self pay & payment is due the date of service. This is a medical practice, not a health spa. Every patient is required to be set up in our patient portal & intakes/consent forms are all required prior to your appointment.** Show Directions. Our Mission: To Help the Body Heal Itself & Treat Every Patient with Kindness. At Connecticut Natural Medicine every patient is treated with kindness, courtesy and enough time to develop a treatment plan individualized to address their health concerns. We value the doctor-patient relationship and seek to empower our patients with knowledge and support. We are a comprehensive clinic that houses many adjunct therapies needed for optimal health and recovery from disease including: Hyperbaric Oxygen Therapy (HBOT), IV vitamin infusions, Infrared sauna and cold plunge therapy, Celluma red-light therapy, a full supplement & herbal dispensary and more. What Makes Our Naturopathic Clinic Different. We are a physician owned and operated facility that is truly 100% invested in your health and well-being. We care about all of our patients and truly listen to them. We order extensive lab tests to get to the root cause, instead of just treating the symptoms. Our team continually invests in advanced training. Our HBOT technicians are certified through IBUM and maintain the highest standards in the industry to prevent injury. Our IV products are sourced from FDA approved product lines. Learn more about us. Connecticut Natural Medicine Offers Hyperbaric Oxygen Therapy (HBOT). What is Hyperbaric Oxygen Therapy (HBOT)? Hyperbaric Oxygen Therapy (HBOT) is the practice of breathing pure oxygen in a pressurized environment. Learn more about HBOT here. How does HBOT work? By manipulating the pressure and the percentage of oxygen your body is exposed to, hyperbaric will increase the absorption of oxygen into your plasma and ultimately the amount delivered to your cells. Oxygen gets delivered to the cells, which is critical for healing and recovery. A hyperbaric chamber. Understand more about HBOT See some of our frequently asked questions about our naturopathic practice below: Does your practice accept insurance? No (with exception of Dr. Cholewinski). We can give you a superbill to self submit to your insurance for possible reimbursement, but we recommend that you reach out to your insurance company first to see what they cover for out-of-network naturopathic treatments prior to scheduling an appointment if you are concerned about costs. What is IV infusion therapy? Intravenous nutrition that

replenishes your body’s essential nutrients allowing you to nourish yourself more efficiently and effectively than if you were to hydrate orally. By going directly into the bloodstream your body can absorb and immediately utilize 100% of the vitamins, minerals and/or oxygen. Read more FAQs. This Website has been created to provide information about functional medicine and naturopathic medicine. It is for general informational purposes regarding health care that should never be construed as medical advice for any person, including patients of the Practice. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.”

c) from ctnatmed.com/what-is-naturopathic-medicine:

“What is Naturopathic Medicine? You are not a headache. You know that. Does your physician? Naturopathic Doctors are recognized as specialists trained in natural approaches to treat the cause of disease. Using lifestyle medicine, vitamins, herbs, homeopathic remedies and nutrition, our goal is to help the body help itself. They are experts in natural medicine and trained as primary care doctors who are licensed to diagnose disease, order labs and images as needed. We use noninvasive, non-toxic and non-addictive approaches to healthcare and believe that the body has an innate ability to heal itself if given the right environment. Naturopathic physicians attend four years of medical school post Bachelor's degree. We are trained to find and treat the underlying cause of illnesses using non-invasive therapies, rather than suppressing symptoms. Naturopathic doctors are conscious of the impact of their medicines on the environment, using organic, pure medicines whenever possible. Upon graduation we take a Hippocratic oath to uphold the tenants of Naturopathic Medicine in our daily practice. These tenants are: To First Do No Harm. Utilize the Healing Power of Nature. Identify and Treat the Cause of Disease. Docere - Doctor as Teacher. Treat the Whole Person, not just the disease. Prevent Disease and Illness. At Connecticut Natural Medicine every patient is treated with kindness, courtesy and enough time to develop a treatment plan individualized to address their health concerns. We value the doctor-patient relationship and seek to empower our patients with knowledge and support.”

d) from ctnatmed.com/faq:

“What is naturopathic medicine? Naturopathic medicine focuses on natural remedies for healing. Naturopathic doctors are recognized as specialists trained in natural approaches to treat the cause of disease. Using lifestyle medicine, vitamins, herbs, homeopathic remedies and nutrition, our goal is to help the body help itself. Experts in natural medicine are trained as primary care doctors who are licensed to diagnose disease, order labs and images as needed. Our naturopathic physicians use noninvasive, non-toxic and non-addictive approaches to healthcare and believe that the body has an innate ability to heal itself if given the right environment. Do naturopathic physicians prescribe medication? No. Naturopathic and functional medicine doctors try to minimize the need for medications by treating the underlying causes of disease and illness and deficiencies with supplements, diet, exercise, acupuncture and other healthier treatment options. It can take a long time

and a lot of work on behalf of the doctors to determine the best course of treatment, something that can not be done in a simple 15 minute appointment. A naturopathic physician will normally spend an extensive amount of time with each patient getting to know them, their life story and medical history. All of these things play a part in your health and recovery. While conventional medicine is very good at treating urgent matters or emergencies, naturopathic physicians are well trained in regards to engaging emergency care and making referrals to specialists when needed. They do not hesitate to provide the patient with the best possible care even if that means stepping back from their roll to bring a specialist in for further care. What kind of treatments does naturopathic medicine include? Naturopathic medicine can include many therapies including herbs, massage, acupuncture, nutritional counseling, exercise, IV therapies, supplements, sauna, plunge tubs, oxygen therapies and more. How does naturopathic medicine differ from traditional (allopathic) medicine? While allopathy selectively targets the symptoms of a disease, naturopathic medicine believes in taking a whole body approach to treatment and finding the root cause of illness; it takes into consideration the spiritual, emotional and physical well-being. One large philosophy of naturopathic medicine is: remove the “garbage” or what is poisoning the body, this can be foods, heavy metals, infections etc…and give the body what it needs: Whole foods, water, sunshine, fresh air, exercise and it will innate heal! For this reason, you will often find that your Naturopathic appointments are much longer and more in depth than Allopathic medicine as it takes longer to get to the root cause than it does to treat symptoms and prescribe a medication. What conditions can be treated with naturopathic medicine? Some conditions the Connecticut Natural Medicine doctors focus on are: Infertility PCOS Endometriosis Menstrual irregularities, hormone imbalance and menopause Chronic pain & Chronic fatigue Lyme disease and tick-borne illness Thyroid disease Gut dysfunction including SIBO Adrenal health Anxiety, stress & depression Autoimmune disease Asthma, allergies, eczema. What is IV infusion therapy? Intravenous nutrition that replenishes your body’s essential nutrients allowing you to nourish yourself more efficiently and effectively than if you were to hydrate orally. By going directly into the bloodstream your body can absorb and immediately utilize 100% of the vitamins, minerals and/or oxygen. What are the benefits of IV infusion therapy? The benefits will differ depending on the IV cocktail that you receive, however, IV therapy can help with anti-aging, allergies/asthma, chronic fatigue, detoxification, enhance energy, focus, hangover, headaches/ migraines, hydration, immune enhancement, longevity, Lyme Disease symptoms, and can improve a patient’s quality of life while undergoing cancer treatments. Is IV infusion therapy safe? While IV therapy is generally safe, like all medical treatments, there are some contraindications. Our physician will meet with you prior, to confirm that you do not have any contraindications that would prevent you from receiving the specific IV type you are inquiring about. Why choose Connecticut Natural Medicine? At Connecticut Natural Medicine every patient is treated with kindness, courtesy and enough time to develop a treatment plan individualized to address their health concerns. We value the doctor-patient relationship and seek to empower our patients with knowledge and support.”

e) from ctnatmed.com/naturopathic-medicine:

“Naturopathic Medicine Services & Fees. Dr. Schindler, ND. Sees patients In Person, Phone Calls & Zoom- Mondays, Tuesdays, Wednesdays & Fridays. Adult Initial Visit: $489 (90 minutes). Pediatric Initial Visit: $350 (60 minutes). Follow-ups with either physician: Pricing for follow up appointments vary depending on the length, complexity and physician. Dr. Bakke, ND. Accepts Phone Call Appointments ONLY- Mondays & Thursdays. Pediatric Initial Visit: $299 (60 minutes). Adult Initial Visit: $400 (90 minutes). The visit is billed based on the length of time and the complexity of the case. Invoices will be adjusted if you go over your scheduled amount of time. Please come prepared with all of your questions. The doctors will not provide free medical advice outside of scheduled appointments. These fees do not include lab work that may be ordered. Some lab work may be covered by insurance, but occasionally independent labs are needed and will be to your discretion if you would like to pursue this avenue. The appointment fee also does not cover the cost of supplements or other treatments. **Phone calls & Video consults are billed at the same rate** We are "out-of-network" providers. We do not accept insurance. At the end of each visit you will be provided with a Superbill that you can self-submit to your insurance for possible reimbursement. We recommend that you reach out to your carrier prior to your visit, to confirm what naturopathic services they may cover for out of network. See exception below** Payment is required at the time of visit. There is a 24 hour cancellation policy. Cancelled/rescheduled appointments with less than 24 hours notice will be charged the appointment fee regardless of the reason for cancellation. In CT, Naturopath physicians are not allowed to be primary care doctors, perform physical examinations or to provide medical exemptions. Forms of payment: Credit/Debit Card Check Cash HAS. **Dr. Cholewinski, ND. Accepts Insurance. Initial Appointments are required to be In Person- Thursdays. Follow Ups can be scheduled as Phone Calls. Dr. Cholewinski is new to our practice. You can read more about her on by clicking on The Clinic tab above and then Our Doctors. She is credentialed with the following insurance companies: Aetna, Anthem, Husky, & United Healthcare! At this time, she is seeing adults over the age of 18 only. Self-Pay patients will be charged at the following rates: Initial Visit: $299 (90 minutes) Follow Up Visits: $150 (60 minutes).”

f) from ctnatmed.com/dispensary:

“Naturopathic Dispensary You can reorder supplements through the following websites. Private label supplements can be refilled by calling the office or submitting a refill request through the portal. They can then be picked up in the office or shipping can be arranged. Wholescripts-Xymogen LymeCore Wellevate Logo. Eminence Organic Skin Care Logo. Eminence Organics-Order Online Nutrafol. About Our Private Label Supplement Line Quality is our top priority. Our quality policy results in our dietary supplements meeting or exceeding industry standards for quality. Our comprehensive evaluation criteria affect quality and efficacy, specifically: Identity Purity Potency Strength Composition. From raw material selection through encapsulating and bottling, to shipping of the finished product, our products adhere to the strictest of quality control standards. Every step of the process is thoroughly controlled to ensure that our customers receive consistently potent and effective nutritional supplements every time they order. Our Quality

Assurance program ensures optimum potency and maximum freedom from environmental contaminants. Our products use the highest quality sources for raw materials and we use select cGMP labs for production. Each product goes through extensive testing. The manufacturing facilities used are all registered with the FDA for dietary supplement manufacturing. All processing and manufacturing is done in isolated production rooms (clean-rooms) to prevent any cross contamination of ingredients and products. We use comprehensive and exacting standard operating procedures to determine every facet of the process. Our cGMPs (current Good Manufacturing Practices) meet or exceed FDA guidelines for dietary supplements in order to ensure the safety and effectiveness of our products. Everything listed on the label is present in the capsule, tablet or powder. What you see is exactly what you get. Unless unavoidable our formulas do not contain wheat, corn protein, yeast, soy or dairy products. We avoid the use of artificial colors, artificial sweeteners, or preservatives. In cases where a filler must be used, we use only vegetable-based cellulose, rice bran or rice flour. Since every raw material has a unique microbial or environmental adulteration hazard, each material has a predetermined testing protocol suited to its own risk level. Every batch of raw material is tested using the recommended standards. This includes testing for heavy metals. Our products are tested to identify raw materials. This testing assures that products meet all intended identity, strength, and composition specifications unique to each finished product. Audits of outside laboratory partners are performed to qualify their results. Environmental testing for microbiological hazards is an integral part of the testing program. Introduction of microbial adulterants during holding or processing is carefully monitored. These important steps assure that our products meet the highest quality, purity and potency standards.”

g) from ctnatmed.com/naturopathic-clinic:

“Naturopathic Clinic in Ellington, CT. Our Philosophy. At Connecticut Natural Medicine every patient is treated with kindness, courtesy and enough time to develop a treatment plan individualized to address their health concerns. We value the doctor-patient relationship and seek to empower our patients with knowledge and support.”

002. NDs Brown, Caprio, DeLuca, Hernandez, Patterson, Pierre, Rosenberger, Prichard, Sanders Pages at fairfieldfamilyhealth.com

a) from fairfieldfamilyhealth.com/content/faqs:

“FAQs. Integrative Medicine Clinic & Lyme Disease Specialists located in Fairfield, CT. Are you currently accepting new patients? Yes. Please call our office at (203) 254-9957 to schedule a new patient visit. What is naturopathic medicine? Naturopathic medicine is a distinct system of primary health care – an art, science, philosophy and practice of diagnosis, treatment and prevention of illness. Naturopathic medicine is distinguished by the principles, which underlie and determine its practice. Methods used are consistent with these principles and are chosen upon the basis of client individuality. Naturopathic physicians are primary health care practitioners, whose diverse techniques include modern and traditional, scientific and empirical methods (AANP source). We utilize natural, non-toxic

therapies and attempt to remove the cause of disease. What modalities do naturopathic physicians use? Naturopathic Physicians always focus on treating the underlying cause of disease. Common methods used by ND's include herbal medicine, homeopathy, dietary counseling, nutritional supplementation, manipulative therapy, acupuncture, and counseling. ND's are also trained in pharmacology and drug-herb/supplement interaction. These methods are generally safer, and are less toxic. What are naturopathic licensed doctors? A licensed naturopathic doctor (N.D.) attends a four-year, accredited graduate level naturopathic medical school. A naturopathic doctor additionally completes over 1,300 hours of clinical work and takes two professional board examinations to be licensed by a particular state. They need to fulfill state mandated continuing education requirements annually and follow the specific scope of practice defined by their state's law (AANP website). All States are not licensed to have practicing naturopathic physicians. What should I expect on my first patient visit? Your first visit will be much longer than your traditional healthcare visit. It is approximately 90-120 minutes in length. Follow-up visits are 30 minutes in duration. The new patient intake will include a review of your chief complaints, past medical history, family medical history, previous surgeries/hospitalizations, current list of medications and supplements, diet, sleep, lifestyle, environmental exposures and physical exam. It is recommended that you bring any past laboratory tests and a list of previous conditions you are currently receiving care for with your PCP. Based on your intake, we will recommend an individualized, comprehensive, whole-person treatment plan. We may also recommend lab work and specialty tests for further evaluative purposes. Return office visits are typically scheduled 4-6 weeks after the first patient visit and are 30 minutes in length. Do you accept insurance? We do not participate with any insurance plans, however, if you have out-of-network benefits as part of your health plan, you may be able to get reimbursed for some of our services or it may be applied to your deductible. We do accept Flex Spending and Health Savings Accounts for payment. To find out if your insurance company will reimburse you for our services, contact them directly or speak with your plan administrator. Our office can provide you with a list of questions to ask your insurance company about out-of-network benefits and provide you with the necessary information needed to submit to your insurer. Do you prescribe medications? No. In the state of Connecticut, naturopathic physicians do not have the ability to prescribe pharmaceutical medications. Do I have to stop taking my prescriptions? No. It is not suggested to completely stop your prescriptions. We request that our patients additionally have their medical conditions managed by a primary care provider. We will work with your primary care provider and/or specialist, as requested, regarding suggested natural therapy supplementation. The natural therapies recommended should not replace the care being received by your primary care provider. However, in many instances, natural therapies can decrease the use of prescriptive medication. Reduction of prescription medication requires a collaborative approach with your primary care provider and/or specialists. FFH wants you to achieve your health goals safely and effectively. Can I just use supplements at the health food store or in combination with your therapy? It is best to receive advice regarding supplementation from a trained and licensed professional such as a naturopathic physician that graduated from an accredited

naturopathic medical program. This will additionally ensure that you are taking products that are safe and at an appropriate amount. Supplements recommended at FFH are tested for quality and assurance by a third party. Products from a health food store or grocery store are not necessarily put through the same, stringent standards as the products suggested at our office. Your current supplementation regimen will be carefully reviewed, and appropriate revisions made. Do I need to see you in person for an appointment? Yes, out-of-state consultations are available, but the scope in which our physicians work is restricted due to regulations about telemedicine. It is required that you maintain a regular, working relationship with your primary care provider. We realize that traveling with physical limitations or special needs children may make it difficult to be seen in person. Our telemedicine consults adhere to the same standards and timeframe as the regular, in person office visits. Many patients choose telemedicine services, as an option, after a few in-person office visits and their care is managed properly. How do I make an appointment? You can feel free to make an appointment by calling the office at (203) 254-9957 or email info@fairfieldfamilyhealth.com. Hours of operation are Tuesday through Thursday from 9:00am-12:00pm and 2:00pm-5:00pm and Friday from 9:00am-2:00pm and one Saturday of every month from 9:00am-2:00pm. Our office staff will be glad to help schedule you an appointment and answer any additional questions you may have. What if I have financial difficulties? Please contact our office to speak with our Office Manager, Gloria, at (203) 254-9957 to review your concerns. What is your cancellation policy? Due to the extensive time commitment for each patient, late cancellations and missed appointments affect accessibility for other patients negatively. In the event that you must cancel or change your appointment, please contact us, at (203) 254-9957, at least 2 business days in advance of the appointment. Cancellations or no-shows that occur in 2 business days or less will be charged 100% of the missed visit fee. For Monday appointments, please contact us by Friday at 12pm. What services do you provide and modalities do you offer? Our providers are trained to support most medical needs and general family health. We do have specific areas of specialty and expertise which include the following conditions: Lyme Disease and other Tick-Borne Illnesses, Autoimmune Conditions, and other Inflammatory conditions, Chronic Immune Dysfunction disorders including Allergies (food, environmental and chemical), Autism Spectrum Disorders, ADD/ADHD, PANS/PANDAS, Thyroid Disorders, Women’s Health, Pelvic Health Conditions, Infertility and Sexual Dysfunction, Anxiety and Depression, Traumatic Brain Injuries, Concussions, Weight Loss, Cardiovascular Health, Post- Cancer Treatment Services, Skin conditions and Gastrointestinal Conditions. We provide a variety of modalities at our office to assist with your care. Our modalities include: Nutrition Counseling and Lifestyle Modification, Nutritional Supplementation, Herbal Medicine, Low Dose Immunotherapy, Sublingual Immunotherapy, Craniosacral Therapy, Acupuncture and Cupping, Homeopathy, Hydrotherapy, Naturopathic Manipulation, Detoxification, Physical Therapy, and Exercise & Movement Support. Our specialty panel tests and testing help to support the care we provide. They include: Blood and Urine Testing, Specialty Lyme and Co-Infection testing (with Lyme specific lab vendors), Specialty Autoimmune Prognostic and Maintenance testing, Food Allergy (Sensitivity) testing, Organic Acid and Amino Acid testing, DNA Methylation testing,

Neurotransmitter testing, Specialty Hormone panels, Adrenal Stress Index testing, Cardiovascular Genetic testing, and Gastrointestinal health including Stool and Parasite testing."

b) from fairfieldfamilyhealth.com/service/craniosacral-therapy:

"Craniosacral Therapy. Integrative Medicine Clinic & Lyme Disease Specialists located in Fairfield, CT. Craniosacral therapy has the power to improve many aspects of your mental and physical health by relieving the stress placed on your brain and spinal cord. The experts at Fairfield Family Health have used this gentle therapy to help many patients find relief from pain and symptoms caused by diverse conditions, such as concussions, anxiety, and depression. To learn whether craniosacral therapy may benefit your health and well-being, call the office in Fairfield, Connecticut, or schedule an appointment online. Craniosacral Therapy Q & A. What is craniosacral therapy? Craniosacral therapy is a gentle, manual therapy that relieves your body's stress and supports its natural healing abilities by focusing on your craniosacral system. The craniosacral system runs from your cranium, or the top of your skull, to your sacrum, the bone at the bottom of your spine. It includes the membranes and cerebrospinal fluid that surround your brain and spinal cord. How does craniosacral therapy work? Every day, your body endures stress and muscle strain that can tighten the tissues in the craniosacral system. This tightening affects the cerebrospinal fluid, which places tension on the brain and spinal cord and limits their ability to function normally. Your practitioner examines your craniosacral system, detecting areas of tightness where the normal movement of cerebrospinal fluid is restricted. By applying light finger pressure, your practitioner releases these restrictions or areas of stress. As the tension is released, your central nervous system regains optimal functioning. What conditions improve with craniosacral therapy? Normalizing the environment around your brain and spinal cord may help alleviate a broad range of health problems, including: Fibromyalgia Chronic back and neck pain Migraines and headaches Chronic fatigue syndrome Temporomandibular joint syndrome (TMJ) Concussion and traumatic brain injuries Psychological disorders like post-traumatic stress disorder (PTSD), anxiety, and depression. A study published in the Clinical Journal of Pain found that craniosacral therapy effectively reduced neck pain and improved functional ability for up to three months after the initial treatment. Researchers also reported a significant decrease in pain when patients with fibromyalgia received craniosacral therapy. What should I expect during craniosacral therapy? Your craniosacral therapy session lasts about 30 minutes to an hour, although it could take longer, depending on your practitioner's assessment and the number of tissue restrictions that must be released. You stay fully clothed while lying comfortably on the exam table. Then your practitioner works along the craniosacral system to locate and release tight membranes. The full process is explained to you before your therapy and your practitioner ensures you're relaxed and comfortable throughout the procedure. Most patients notice an improvement after one session, but you may need several to achieve optimal results. If you have questions about craniosacral therapy or you'd like to schedule an appointment, call Fairfield Family Health."

c) from fairfieldfamilyhealth.com/about:

“About The Practice. Integrative Medicine Clinic & Lyme Disease Specialists. Located in Fairfield, CT. At Fairfield Family Health, we bring excellence in naturopathic, functional, and conventional medicine under one roof, helping individuals and families achieve lasting wellness through truly integrative care. Our experienced and compassionate team welcomes patients of all ages—from infants to retirees—who want to overcome health challenges and experience personalized, whole-person medicine that supports physical, mental, and spiritual well-being. Our mission is simple yet transformative: to partner with every patient on their journey to health by addressing the underlying causes of illness, not just the symptoms. Expertise in Complex and Chronic Conditions. We frequently work with patients who have chronic, complex, or multi-system health issues—often those who have seen multiple doctors or specialists without finding lasting answers. Our team excels at identifying patterns that others may miss, using advanced diagnostics and a root-cause approach to restore balance and resilience. While we treat the full spectrum of family health concerns, our specialties include: Lyme disease and tick-borne illness Autoimmune and inflammatory disorders Integrative psychiatry (anxiety, depression, ADHD, PANS/PANDAS) Digestive issues Women’s health and hormonal imbalances Thyroid and metabolic conditions Allergies (food, environmental, mold) Autism spectrum disorders (ASD). A Collaborative and Comprehensive Approach. Fairfield Family Health is home to a diverse team of practitioners—representing a wide range of medical disciplines and specialties all united by one vision—comprehensive, patient-centered care. This unique model integrates the best of functional medicine, naturopathic medicine, and conventional medical care, allowing our team to create cohesive, individualized treatment plans for even the most complex health concerns. Our providers dedicate extra time at each visit to truly understand every aspect of your health story—listening carefully to your concerns and exploring the emotional, environmental, and lifestyle factors that contribute to your condition. This deeper level of care is what makes Fairfield Family Health different. As our tagline denotes, "healthcare as it should be". Rooted in Science, Guided by Nature. Our naturopathic and functional medicine approach emphasizes identifying the root causes of disease and restoring balance through evidence-based, natural therapies. Treatment modalities may include herbal medicine, nutrient supplementation, homeopathy, acupuncture, medication support, as needed, IV therapy, clinical nutrition, dietary and lifestyle counseling, craniosacral therapy, physical medicine, far infrared sauna, cold-plunge therapy, red light therapy, cold laser therapy, HBOT, Emsella, Emsculpt, Alpha Stim and Vagal Nerve stimulator, and more. Leading Innovation in Integrative Medicine. Our 9,000-square-foot facility was carefully curated to reflect the heart of our mission—creating a space where patients feel comfortable, safe, and truly at home. From the welcoming atmosphere to the thoughtfully designed treatment rooms, every detail encourages relaxation and connection. Patients are invited to come as they are, exhale, and feel at ease, whether they’re visiting for a routine visit or a complex health concern. Equally important is the warmth and experience of every team member—from our front desk staff to our doctors—who take the time to listen, understand, and support each patient throughout their visit. This combination of personalized care, attentive staff, and intentional environment ensures that every experience at Fairfield Family Health is not only effective but also comforting and

empowering. Beyond the human touch, we maintain high standards of clinical excellence and provide timely, and effective treatment every step of the way. We proudly serve patients locally and across the country through our secure telemedicine services, allowing individuals nationwide to access our renowned integrative medical care from the comfort of home. At Fairfield Family Health, you'll find more than just a medical team—you'll find partners who are deeply invested in your healing journey. Together, we redefine what healthcare should be. Schedule your appointment today and discover why Fairfield Family Health is a leading destination for integrative and functional medicine in Connecticut—and beyond."

d) from fairfieldfamilyhealth.com/service/supportive-oligonucleotide-therapy-sot:

"Supportive Oligonucleotide Therapy (SOT). Integrative Medicine Clinic & Lyme Disease Specialists located in Fairfield, CT. If you're living with Lyme disease, you understand just how uncomfortable and disruptive this condition can be. Fortunately, treatments can help, including supportive oligonucleotide therapy (also used in cancer treatment), available from the Fairfield Family Health team in Fairfield, Connecticut. Simply call the office during business hours to book a visit or schedule online with a few clicks. What is the purpose of supportive oligonucleotide therapy? Supportive oligonucleotide therapy (SOT), sometimes called antisense therapy, is a treatment that relies on your blood to help fight off specific types of infections. Researchers have reviewed how this therapy can help treat certain cancers and muscular dystrophy. Findings also show SOT as a promising therapy for treating patients with Lyme disease. The treatments work by creating synthetic ribonucleic acid (RNA) strands that disrupt the messenger RNA, interrupting the production of specific proteins (peptides). Supportive oligonucleotide therapy creates a "key" that only fits within a "lock" on a portion of your DNA, which helps a pathogen thrive. When enough "keys" open enough "locks," the targeted pathogen cannot survive, and the overall disease load within your body decreases. How is supportive oligonucleotide therapy administered? The first step in SOT is blood testing, which helps understand how Lyme disease affects your system. Next, a simple blood draw gathers the material the lab needs to create your customized SOT. Once returned to Fairfield Family Health, the solution gets administered intravenously, allowing the powerful components to enter your bloodstream directly. SOT then seeks out the bacteria that cause Lyme disease and embeds itself within those molecules, preventing the bacteria from replicating. Often, SOT gets used in conjunction with antibiotic therapy. Before your SOT infusion, your provider administers antihistamines and steroids to bolster your vein walls and reduce the risk of an allergic reaction. How long do the results of oligonucleotide therapy last? For most patients, the results of SOT last 3-6 months. At that time, you can choose to come in for another round of treatment for a total of three times per year. Additional blood testing determines how well your therapy works and whether you need more treatments to control Lyme disease. In-office infusions take around an hour from start to finish, and there's no need for any form of anesthesia during sessions. You can rest and relax during your infusion and return to the rest of your day afterward. If you're looking for additional support in your fight against

Lyme disease, contact the Fairfield Family Health team online or by phone to schedule a consultation.”

e) from fairfieldfamilyhealth.com:

About Fairfield Family Health. Integrative Medicine Clinic & Lyme Disease Specialists Located in Fairfield, CT. At Fairfield Family Health, we bring excellence in naturopathic, functional, and conventional medicine under one roof, helping individuals and families achieve lasting wellness through truly integrative care. Our experienced and compassionate team welcomes patients of all ages—from infants to retirees—who want to overcome health challenges and experience personalized, whole-person medicine that supports physical, mental, and spiritual well-being. Our mission is simple yet transformative: to partner with every patient on their journey to health by addressing the underlying causes of illness, not just the symptoms. Expertise in Complex and Chronic […] Get the care you need to manage and recover from Lyme disease. Lyme disease can cause a wide range of symptoms, from fatigue and joint pain to neurological issues. At Fairfield Family Health, we offer a comprehensive approach to diagnosing and treating Lyme disease, focusing on both short-term relief and long-term wellness. Our personalized treatment plans include antibiotics, herbal therapies, and immune-boosting strategies designed to address the root cause and restore your health. Don’t let Lyme disease control your life—let us help you get back to feeling your best […] Supportive Oligonucleotide Therapy (SOT) for Enhanced Healing. Supportive Oligonucleotide Therapy (SOT) uses advanced genetic technology to support your body’s healing processes at the cellular level. At Fairfield Family Health, we use SOT to target underlying causes of chronic conditions, helping restore balance and boost your immune system. This personalized treatment offers a non-invasive, effective approach to improving overall health and wellness […] Fairfield Family Health. Phone (appointments): 203-254-9957. Address: 883 Black Rock Turnpike, 2nd Floor, Fairfield, CT 06825.“

f) from fairfieldfamilyhealth.com/service/acupuncture:

“Acupuncture. Integrative Medicine Clinic & Lyme Disease Specialists located in Fairfield, CT. Acupuncture provides a safe and minimally invasive treatment for common health problems like chronic pain, arthritis, and gastrointestinal disorders. At Fairfield Family Health in Fairfield, Connecticut, the naturopathic doctors specialize in traditional Chinese medicine (TCM), including acupuncture. Call Fairfield Family Health today or book an appointment online to see if you can benefit from acupuncture. Acupuncture Q & A. What is acupuncture? Acupuncture is a traditional Chinese medical procedure practiced for thousands of years. During treatment, your Fairfield Family Health provider inserts thin needles into specifically chosen areas of your skin. Once positioned, the needles stimulate your body’s healing process, increasing circulation, relieving muscle tension, and reducing inflammation. At Fairfield Family Health, the providers combine TCM with Western medicine. This unique approach allows them to treat various conditions, including musculoskeletal pain, chronic illnesses, and behavioral disorders. What problems can benefit from acupuncture? At Fairfield Family Health, the team uses acupuncture to manage various health problems, including: Arthritis

Musculoskeletal pain Menstrual cramps Cancer Immune system disorders Irritable bowel syndrome (IBS) Menopausal symptoms, like hot flashes Sports injuries Respiratory conditions, like asthma. You might also benefit from acupuncture if you suffer a repetitive strain injury, like carpal tunnel syndrome. What happens during an acupuncture treatment? At Fairfield Family Health, acupuncture treatment begins with a review of your medical records and a discussion of your symptoms. Your provider then examines your skin, identifying areas that will benefit most from treatment. You lie down on an exam table, and your Fairfield Family Health provider inserts a series of needles into specific areas of your skin. They leave the needles in place for 5-20 minutes. During that time, lie still and relax. The needles release natural chemicals, like endorphins, into your bloodstream, reducing pain and promoting healing. At the end of treatment, your Fairfield Family Health provider removes the needles. There's no downtime, so you can immediately return to work and other routine activities. Is acupuncture painful? Acupuncture is safe and usually well-tolerated. You might feel a mild prick each time your Fairfield Family Health provider inserts a needle, but it's no more painful than getting a shot or having your blood drawn. Acupuncture needles are extremely thin and designed for comfort. After treatment, you can experience redness or mild bruising at the insertion sites, but any discomfort should go away quickly. How many acupuncture treatments will I need? The number of acupuncture treatments you'll need will depend on various things, including your health history and how severe your symptoms are. The holistic doctors at Fairfield Family Health often recommend 6-8 acupuncture treatments spaced a week apart. Call Fairfield Family Health or book an appointment online today to learn more about the benefits of holistic treatment with acupuncture."

g) from fairfieldfamilyhealth.com/service/immunotherapy:

"Immunotherapy. Integrative Medicine Clinic & Lyme Disease Specialists located in Fairfield, CT. Immunotherapy Q & A. What is immunotherapy? At Fairfield Family Health, our naturopathic physicians and providers use various forms of immunotherapy, low dose immunotherapy (LDI), low dose allergen (LDA), and sublingual immunotherapy (SLIT) to support disease conditions. Providers are trained in application of these modalities in practice and they will recommend based on clinical work-up. The primary goal is to support proper functioning of the immune system Low Dose Immunotherapy (LDI): Fairfield Family Health was the first to offer Low Dose Immunotherapy, LDI, in Connecticut and has introduced and trained doctors in this realm. Low Dose Immunotherapy (LDI) is an expanded form of low dose allergen, and helps to promote immune tolerance to various antigens, like Lyme, Epstein Barr virus, Mycoplasma and Strep, to discontinue unnecessary immune reactivity against those antigens. The antigens may also include pollen, molds, chemicals, viruses, bacteria and fungi. LDI is neither suppressing or stimulating immune function but helps to create "antigen acceptance". It is not "killing something" but is aiding the body's overall immune reaction. In practice at Fairfield Family Health, it is also used to support the concept of molecular mimicry. Molecular mimicry has been correlated with autoimmune conditions and shown to be a leading mechanism to induce autoimmunity due to parasites, bacteria, viruses,

mycotoxins, chemicals and metals. It has long been linked to autoimmune disease but only most recently has gained attention. Molecular mimicry triggers an immune response against what is called autoantigens. Autoantigen is a protein that is recognized by the immune system for people with autoimmune disease. A person can obtain an infection, like Epstein Barr virus, Strep or Mycoplasma, that has antigens that look similar to the person's antigens. This resemblance of antigens by bacteria or viruses can activate T cells and thereby become autoreactive. This continual series of events can begin to create what is a called a loss of self-tolerance and serve as initiating factor for autoimmune conditions. Utilization of LDI to support immune tolerance is an effective approach to care naturally in treatment of patients. Here is a link from the Dr. Ty Vincent who began the immune therapy technique for treating Lyme and other autoimmune conditions and whom providers at Fairfield Family Health have been trained by: https://www.globalimmunotherapy.com/about-ldi Low Dose Allergen (LDA): Low dose allergen (LDA) developed by Dr. W.A. Schrader was created for the resolution of allergies and specific autoimmune disorders. It involves desensitization with a combination of various low dose allergens with beta glucuronidase. The mixture, LDA, is cell mediated by T-regulator cells. The T-cells are estimated to have a half-life of up to 80 days which allows for a longer desensitization and less frequency of use, as compared to an allergy shot or "classical immunotherapy." Providers at Fairfield Family Health have been trained and certified in Low Dose Allergen (LDA) by Dr. Schrader. The following is a link for the patient instruction booklet for patients using this therapy and for educational purposes: http://www.drshrader.com/OfficeForms/LDAMay2016PatientBookletComplete.pdf Sublingual Immunotherapy (SLIT): Sublingual immunotherapy (SLIT) induces allergen-specific immune tolerance by placing drops under the tongue and gradually increasing the dose of an allergen. Indications for use of SLIT include environmental allergies, grass pollens, trees, house dust, animal dander, and mold. It may also be used to support food sensitivities, e.g. dairy and wheat, to decrease aggravation. There have been many studies used to support for use for allergic rhinitis, asthma and eczema. Please contact Fairfield Family Health at (203) 254-9957 to see if you are an appropriate candidate for this therapy."

h) from fairfieldfamilyhealth.com/post/test:

"7 Surprising Health Benefits of Acupuncture You Didn't Know. Are you tired of living with chronic pain or digestive issues? You may want to consider the alternative healing practice of acupuncture. While it may sound unfamiliar to some, acupuncture is an ancient Chinese medical practice that uses a combination of th [sic] What is acupuncture and how does it work. If you're interested in alternative forms of medicine, you may have heard of acupuncture. This ancient Chinese technique involves inserting small needles into certain points on the body to stimulate healing. But how does it work? According to acupuncture theory, there is a vital energy, or qi, that flows through the body along pathways called meridians. When this energy is blocked or disrupted, it can lead to pain, illness, and other health problems. By inserting needles into specific points along these meridians, an acupuncturist can help unblock and balance the energy flow, promoting healing and

reducing symptoms. While the scientific community is still exploring the full benefits and mechanisms of acupuncture, many people have reported positive results from this centuries-old practice. Relieves chronic pain without the use of medications. Chronic pain is a persistent condition that can be debilitating and distressing. Many people turn to medications to alleviate their discomfort, but there are alternative methods to relieve chronic pain that do not involve drugs. These methods include physical therapy, massage therapy, acupuncture, meditation, and mindfulness exercises. These approaches can help manage chronic pain by reducing stress and tension in the body, improving circulation, promoting relaxation, and stimulating natural pain relief mechanisms. By addressing the root causes of chronic pain, these methods can provide long-term relief without the risk of side effects or dependence on medication. It is important to consult a healthcare professional to determine the best approach for managing your chronic pain. Reduces stress and anxiety. Stress and anxiety can have a major impact on our lives, both physically and emotionally. Fortunately, there are ways we can reduce these negative effects. One effective method is through relaxation techniques such as deep breathing, yoga, or meditation. These practices allow us to slow down and quiet our minds, providing a much-needed break from the constant barrage of stressors we encounter daily. Another way to reduce stress and anxiety is by adopting a healthy lifestyle. This can include regular exercise, a balanced diet, and getting enough sleep. By taking care of our bodies, we are better equipped to handle stress and less likely to experience anxiety. Whether through relaxation techniques or healthy lifestyle choices, reducing stress and anxiety can greatly improve our overall well-being. Improves immunity by supporting the body's natural defenses. Our immune system serves as our first line of defense, protecting us against harmful bacteria, viruses and infections. With the current global pandemic, it has become more important than ever to support and strengthen our immunity. One natural way to do this is by stimulating our body’s natural defenses. By adopting healthy habits such as a balanced diet, regular exercise, getting enough sleep, and reducing stress, we can help increase the production of white blood cells. In addition, certain natural supplements and herbs such as echinacea, elderberry, and turmeric have been shown to have immunity-supporting properties. By taking these steps, we can help improve our immunity and feel more confident in our ability to stay healthy and protected. Helps to reduce inflammation caused by arthritis and other diseases. Inflammation can be a difficult side effect of various diseases, but relief may be within reach. Through various treatments and lifestyle changes, those with conditions such as arthritis can significantly reduce inflammation. Some medications can reduce the immune response, slowing inflammation. Exercise, healthy eating, and supplements have also shown promise in reducing inflammation. Understanding the cause of inflammation and working with a healthcare provider to create a personalized treatment plan can make a significant difference in managing symptoms. Promotes improved digestion and gut health. Improving digestion and maintaining a healthy gut is crucial to overall health and well-being. Poor digestion can lead to discomfort, bloating, and even contribute to mental health issues such as stress and anxiety. Fortunately, there are many ways to promote better digestion and gut health. Consuming fiber-rich foods, staying hydrated, and incorporating healthy probiotics and prebiotics into your diet can

help. Regular exercise and stress reduction techniques can also aid in digestion and support a healthy gut. By making small changes and taking care of your gut health, you can improve your overall health and feel your best. In conclusion, acupuncture is an ancient practice with a wide range of potential health benefits. It stimulates the body’s natural defense mechanism, relieves pain and stress, reduces inflammation, and can even improve digestion and gut health, all without the use of medications. Acupuncture provides a safe, natural alternative for treating common health problems like chronic pain, arthritis, and gastrointestinal issues. With ongoing research, more and more people are discovering the wonders of acupuncture. As it offers pain relief, improved immunity, and other benefits that no other traditional or modern treatments can offer, acupuncture is sure to be around for many years to come. Acupuncture is one of many services we provide at our office. Please call the office at (203) 254-9957 and ask for our Clinic Director, Gloria Terrell, to discuss your needs, and our services.”

003. ND Manning ND Parzynski Pages at nfhholistic.com

a) from nfhholistic.com:

“If you are ready to take control of your health and get back to feeling your best, you've come to the right place. Naturopathic doctors, like Dr. Manning and Dr. Parzynski treat holistically based on the philosophy that the body will heal itself given the right tools. If you are tired of just covering up your symptoms with medications and instead want to actually heal, Naturopathic medicine is the correct choice for you and your family; and Naturopathic Family Health would love to help.”

b) from nfhholistic.com/drjasminemanning:

“Dr. Jasmine Manning ND. Dr. Manning’s passion for naturopathic medicine comes from: the challenge of getting to the root cause of your dis-ease, the art of giving your body what it needs, and the delight of getting to witness it heal itself. She uses Neo emotional release, botanical medicine, clinical nutrition and homeopathy coupled with lifestyle counseling to stimulate that innate healing capability of your body. By removing obstacles to cure and supporting your physiology to regain balance, your symptoms go away. Her focus for patient care is meeting you where you are in the journey to better health and to inspire healthy change. Dr. Manning excels at formulating individualized plans for each patient’s unique case and believes that patient education and honest communication are pillars for the clinical relationship between doctor and patient. Dr. Manning believes that anyone who wants to feel better, can, but she often works with patients on: endocrine diseases such as thyroid, adrenal and hormonal issues, insomnia, digestive disorders, cardiovascular wellness, autoimmune conditions and healthy aging. She holds special training certificates in homeopathy from The New England School of Homeopathy and is trained in Emotional Release, a somatic healing modality. With the vast amount of information available these days on the internet, both fact and fiction, making healthy changes can be a daunting task. Under the care of Dr. Manning you will have the expertise of a professional on your side and no longer need to scour the internet looking for the answer on your own.”

c) from nfhholistic.com/dr-tatiana-p:

“Dr. Tatiana Parzynski ND. Dr. Tatiana Parzynski is a naturopathic physician specializing in integrative primary care, treating men and women of all ages. As a clinician, Tatiana prides herself in adhering to the foundational philosophies of naturopathy. She treats the root cause of illness and teaches disease prevention strategies, strongly emphasizing nutrition and stress management. The integrative care approach allows Dr. Parzynski to choose the most effective therapies from conventional and alternative medicine models. Her individualized treatment plans consider each patient's unique needs and circumstances. Dr. Parzynski graduated from the National University of Natural Medicine in Portland, Oregon, and received her undergraduate degree from the University of California, Santa Cruz. Daughter of a medical doctor and a physical therapist, Tatiana is a second-generation healthcare practitioner immersed in natural medicine from an early age. Growing up on the Crimean coast of the Black Sea, Tatiana spent her summers working at a

medical spa clinic, learning about comprehensive wellness and helping her mother grow and prepare wholesome organic foods. This childhood experience taught her to respect the body's natural ability to heal and thrive when given the proper terrain. Dr. Parzynski's medical practice is deeply rooted in that belief and greatly informed by a life-long passion for holistic health, functional fitness, nutrition, and mindful living. Outside the clinic, Dr. Parzynski likes to run, practice tai chi, cook, and spend time with her family and friends. Tatiana is fluent in English and Russian and has a conversational command of Spanish."

d) from nfhholistic.com/therapies:

"Therapies used for treatment: Clinical nutrition. You really are what you eat. Food is the vector for giving your body the means it needs to run and function optimally. Vitamins, minerals, protein, carbohydrates and fat are all used in your body everyday. When "tools" are missing, the body malfunctions and presents with symptoms. Many medical conditions can be treated with food and specific nutritional supplements. This improves health from the inside out without any negative side effects. Botanical Medicine. Herbs have powerful properties for healing. They gently restore health and come in the form of teas, tinctures, solid extracts or supplement capsules. They are often combined with specific nutrients to affect a certain body organ or system. The doctors at Naturopathic Family Health are extensively trained in botanical medicine and will find the herb or herbs that best fit your specific case without any medication interactions. Homeopathy. This system of medicine is over 200 years old and is prescribed based on the idea that "like cures like". Homeopathic remedies are extremely small doses of natural substances that when matched to the person and case history, stimulate the body's self healing response without side effects. Dr. Manning has additional training in the art and science of homeopathy from The New England School of Homeopathy under the instruction of Dr. Paul Herscu and Dr. Amy Rothenberg. Counseling. There is more to each patient than just their diagnosis. True healing occurs when the body, mind and spirit are in balance. Our doctors takes the time to understand each person's story and works to inspire positive lifestyle change. Communication is a pillar of the doctor/patient relationship. When paired with education about the body and stress management techniques, everyone leaves feeling heard and with the means to approach their life from a healthy angle."

e) from nfhholistic.com/what-to-expect:

"What to expect at your naturopathic appointment. Your first office visit is about 60 minutes and consists of a complete health history, medication, supplement and diet review and pertinent physical exam. Then, together you and the doctor create a treatment plan for you based on their expertise and your health goals. Some patients choose to go full steam ahead, others make slow changes that add up over time. To gather all the information they need to get to the root cause of your symptoms, the doctor will almost always run conventional labs and often an "alternative" lab. Those "alternative" labs could include: hormone testing, food allergy panels, mineral and heavy metal hair analysis or a stool analysis. The alternative labs are often not covered by insurance plans. Your treatment plan will

always be tailored specifically to you and will most likely consist of: dietary recommendations, herbal and/or nutritional supplements and lifestyle modifications. Follow up visits are about 30 minutes long. The first follow up visit takes place about 4-6 weeks after your initial visit. At this time the doctor will go over lab results, check in to see how you're improving, add to and/or tweak your treatment plan if need be. After that second visit, the frequency with which the doctors see each patient differs greatly. Some patients want lots of support during their health journey and prefer to come in for a visit about every 6 weeks. Others are good to coast on their own, refilling supplements as they go and only need a few check-ins a year. We consider ourselves your partner in your journey back to health and strive for open communication so that you get the support you need."

f) from nfhholistic.com/naturopathic-medicine:

"What is naturopathic medicine? About. Naturopathic medicine is a system of primary care medicine that looks to find the underlying cause of disease rather than mask symptoms with medication. The main difference between naturopathic medicine and conventional medicine is in our philosophy. We believe that the body can heal itself given the right tools and treat each patient according to that idea. Naturopathic doctors take a detailed case history, do a comprehensive physical exam, run both conventional and alternative labs and create individualized treatment plans for each patient. This medicine focuses on prevention first and opts for surgery last. We practice with the following 6 principles in mind. The six principles of naturopathic medicine. 1) Do No Harm: Naturopathic doctors use the least intervention possible to diagnose illness and restore health. 2) The Healing Power of Nature. There is an inherent healing system of the body which establishes, maintains, and restores your health. Naturopathic doctors support this system rather than suppress symptoms. 3) Treat the Whole Person. Individual health is affected by many factors: physical, mental, genetic, epigenetic, emotional, environmental, spiritual, and social. Humans are complex beings with interconnected systems and naturopathic medicine treats them as such, evaluating each person as a whole. 4) Identify and Treat the Cause. Symptoms are the body's way of letting you know something is out of balance. Underlying causes of illness and disease must be identified and removed before complete recovery can occur. The goal is to treat the causes of your disease, rather than to merely eliminate or suppress its symptoms. 5) Doctor As Teacher. We teach our patients about a healthy lifestyle and how the human body functions to empower them to take the responsibility of their health in to their own hands. 6) Prevention. Naturopathic doctors assess risk factors, heredity and susceptibility to disease, and make appropriate interventions, in partnership with their patients, to prevent illness. Our Training. Licensed naturopathic doctors go through four years post graduate schooling and must pass two national board exams. The first two years of our training are nearly identical to that of a conventional medical doctor's; with classes such as anatomy, physiology, immunology and biochemistry. It is the second two years where are training differs. We focus less on pharmacology and more on therapeutic nutrition, botanical medicine, hydrotherapy, physical manipulation and homeopathy. Graduates are required to accrue 1,400 clinic hours to graduate and

pass two national board tests to be licensed to practice medicine. For more information on our training:
http://aanmc.org/schools/comparing_nd_md_curricula/.”

g) from nfhholistic.com/new-page-1:

“Somatic Emotional Release. Somatic Emotional Release is a body healing technique that uses breath, specific pressure points, vocal guidance and the safe presence of a practitioner to release stored emotions. These emotional blockages can be the cause of pathology and challenge the nervous system on a daily basis. Clearing stored emotions helps to heal the physical body by shifting the consciousness in a way that changes the body physiology and uncovers the true YOU that is hidden behind the dis-ease. These emotional blockages can come from our childhood trauma, the stressors of life and even inherited ancestral baggage that was passed down to you through generations without you being aware. Each session is a unique journey into the subconscious to transform your relationship to difficult emotions. That which we FEEL can HEAL. Cathartic release allows you to authentically express suppressed emotions in a safe space supported by a trained practitioner. By releasing resistance to the blocked emotions, you are giving your nervous system a chance to heal and allowing your true self to be revealed. This is true, deep healing occurring on all levels, physical, emotional, mental and spiritual. This technique can be done in person and online, each offering pros and cons. While the in-person experience allows for the physical support of your body in releasing difficult emotions, an online session means you are able to do this work from the comfort of your own home. Each has value and is a decision made to honor your own healing journey. The human body is a highly intelligent system that remembers all the experiences of our lifetime that we could not process at the time. The physical manifestations of these unprocessed emotions become pathology through the adaptations made by our muscles, fascia, skin and organs. By tapping into the subconscious we can restore the self-healing mechanism of each component, truly achieving root cause healing which is the philosophy of naturopathic medicine. This is a non-covered service, no insurance accepted. Payment is due at the time of the session.”

004. ND DaSilva Pages at dragathadasilva.com

a) from dragathadasilva.com:

“WELCOME TO DWELL | DASILVA WELLNESS. A NATUROPATHIC WELLNESS clinic providing personalized, comprehensive care, grounded in evidence-based medicine. Our approach addresses the root cause of dysfunction to support the body's natural healing process, integrating the art and science of botanical therapies. This integrative, whole-person approach fosters deep restoration, promotes balance, and empowers individuals and families to experience lasting wellness. Here, healing begins when we DWELL in balance, physically, emotionally, and spiritually, guided by the wisdom of nature and the truth of God’s design for the body. You’re invited to return to a place of healing, grounding, and wholeness. Meet the doctor. AGATHA DASILVA, ND. Dr. Agatha DaSilva is a Naturopathic Physician in Connecticut. She graduated with Magna Cum Laude Honors from the University of

Bridgeport College of Naturopathic Medicine in 2022. During her time in medical school, Dr. DaSilva received advanced training in Genomic Analysis and Generative Medicine by working closely with world renowned physician Dr. Peter D'Adamo. Dr. DaSilva incorporates the use of bioinformatic tools to develop complex, one-of-a-kind protocols, and diets for individuals. Dr. DaSilva pursued advanced training in integrative fertility methods under the guidance of Dr. Jaclyn Chasse, to gather the knowledge and wisdom to help get to the root of fertility struggles."

b) from dragathadasilva.com/about:

"AGATHA DASILVA, ND. Dr. Agatha DaSilva is a Naturopathic Physician in Connecticut. She graduated with Magna Cum Laude Honors from the University of Bridgeport College of Naturopathic Medicine in 2022. During her time in medical school, Dr. DaSilva received advanced training in Genomic Analysis and Generative Medicine by working closely with world renowned physician Dr. Peter D'Adamo. Dr. DaSilva incorporates the use of bioinformatic tools to develop complex, one-of-a-kind protocols, and diets for individuals. Dr. DaSilva pursued advanced training in integrative fertility methods under the guidance of Dr. Jaclyn Chasse and completed Craniosacral Therapy training to enhance her treatment outcomes. Dr. DaSilva's interest in Naturopathic Medicine was sparked at an early age after she was diagnosed with vitiligo, an autoimmune condition that affects the skin. The physical effects of vitiligo caused her to experience depression and lead an early life of alienation. The first suggested treatment was to bleach her skin, which would color the rest of her skin to match her vitiligo patches. She refused this method and began various experimental topical treatments, steroids, and UV radiation that left her with uneven patchy scars and hopeless for healing. She, like many, turned to natural therapies when the medical system failed. Prior to medical school, Dr. DaSilva received a B.S. in Biology from Southern Connecticut State University in 2016. She had the opportunity to work alongside the Connecticut Agricultural Experiment Station (CAES), where she isolated bacteria from mosquitos to identify the role of the mosquito microbiome and its relationship to the zika virus. She became enlightened through her research that mosquitos rarely survived without the presence of their microbiome. She understood that mutually beneficial relationships in nature continue to be the very essence of not only survival, but healing. She devoted her additional time to volunteering with both children and adults with special needs. This pursuit led her to a job as a home health aide for individuals on the autism spectrum. She observed that individuals being seen by naturopathic providers showed drastic improvements in their activities of daily living. This further pushed her to discover her love for naturopathic medicine. Additionally, Dr. DaSilva has worked as a physical therapy aide. She spent one-on-one time with patients and focused on rehabilitation through guided exercises, stretches and muscle manipulations. Like naturopathic medicine, Dr. DaSilva witnessed patients heal themselves without the use of medicine. Dr. DaSilva has devoted her life to using these experiences and her knowledge to restore health and normalcy. She is committed to utilize the best of natural medicine to increase vitality, promote longevity, and strengthen the foundations of optimal health in every patient. What to expect from Dr. DaSilva. A diligent investigation of health

concerns. Development of a personalized treatment plan. Emphasis on nutrition and lifestyle. Specialties: Fertility, Preconception, Prenatal, Pregnancy, Postpartum Care. Pediatric: Allergies, Eczema, Digestive Issues, ADD/ADHD. Digestive Issues: IBS, IBD, SIBO, GERD, H. Pylori, Constipation. Autoimmune: Lupus, Sjogren's, Vitiligo, Psoriasis, Hashimoto's, RA. Cognition: ADD/ ADHD, Insomnia, PTSD, Anxiety, Depression. Infectious: EBV, Lyme and Co- Infections. General: Detox, Weight Management, Acne, Preventative Medicine. Services: Functional Fertility Craniosacral Therapy Homeopathy Hydrotherapy Genomic Analysis Nutrition Counseling Herbal Medicine Digestive Studies - Microbiome Analysis. Languages Spoken: English and Portuguese."

005. ND Bochi Pages at drbochi.com

a) from drbochi.com:

"About me. Hello, I'm Dr. Alena Bochi, a Licensed Naturopathic Doctor and Acupuncturist. For the past four years, I've had the privilege of caring for hundreds of individuals at the Center for Naturopathic Family Medicine and Functional Nutrition in Connecticut, where I blend the best of modern science and natural therapies. My practice is rooted in compassion, clarity, and results—focusing especially on gut health, hormonal balance, chronic illness, fatigue, skin conditions, autoimmune concerns, and emotional well-being. I completed a four-year doctoral program in Naturopathic Medicine and a two-year master's program in Acupuncture at the University of Bridgeport, after earning my Bachelor of Science in Biology from Pace University. During my training, I studied under renowned leaders in the field, including Dr. Peter D'Adamo, author of Eat Right 4 Your Type, and Dr. Eugene Zampieron, author of The Natural Medicine Chest and co-host of The Natural Nurse Podcast. Naturopathic medicine is a personalized, integrative approach to health care that treats the whole person, not just the diagnosis. Rather than suppressing symptoms, it works to uncover and address the root causes of illness—blending functional medicine, nutrition, herbal medicine, acupuncture, lifestyle counseling, and advanced diagnostics to support the body's natural ability to heal. Whether you're managing a complex condition or simply looking to feel your best, I'm here to support you with thoughtful, individualized care grounded in both science and natural wisdom. What Is Naturopathic Medicine? Naturopathic medicine is where science meets holistic healing. It merges advanced diagnostic tools with time-honored healing traditions—from botanical medicine and acupuncture to nutritional therapy and mind-body care. As a form of functional medicine, it doesn't just treat symptoms—it uncovers and addresses the root causes of illness, empowering the body to restore balance, build resilience, and thrive. A Whole-Person Approach. We don't just treat symptoms—we treat you. Each care plan is individualized to support your physical, emotional, and mental well-being from the inside out. Tools We Use: Our integrative toolkit includes: Functional lab testing and personalized protocols, Clinical nutrition and lifestyle counseling, Botanical and nutraceutical medicine, Acupuncture and physical medicine, Hydrotherapy and homeopathy, Mind-body therapies and stress recovery, Functional lab testing and personalized protocols Conditions We Support: We work with a wide range of health concerns, including: Hormonal imbalances Digestive issues and gut health Autoimmune conditions and

inflammation Fatigue, stress, and burnout Sleep disturbances Skin issues such as acne, eczema and psoriasis Anxiety, mood changes, and brain fog Chronic Illness. What You Can Expect: Our patients often experience: Increased energy and vitality. Improved digestion and metabolism. Hormonal balance and cycle regulation. Clearer skin and stronger immunity. Better sleep and sharper focus. Meaningful change—often within just a few weeks. Empowered Healing. This is medicine that listens, treats holistically, and helps you take an active role in your health journey—guided, supported, and informed every step of the way. Online Appointments. Initial Consultation: 1 hr 15 mins|$550 Follow Up 30 mins|$150 Follow Up 45 mins|$200 Naturopathic Medicine Principles: First Do No Harm: All medical practice strives to enhance human health and well-being. Naturopathic doctors focus on the most natural, least invasive, and least toxic therapies, and refer patients when a case lies beyond their expertise. The Healing Power of Nature: Naturopathic doctors value nature's powerful role in healing. They use natural substances, foster a healthy environment, and harness the body's innate wisdom to guide patients toward wellness and total health. Identify and Treat the Causes: While symptom suppression can be useful, naturopathic patients typically benefit most from uncovering root causes and removing obstacles to healing. Doctor as Teacher: Naturopathic doctors elevate patient health literacy by providing education, fostering trust, and guiding patients toward lasting wellness. Treat the Whole Person: Naturopathic doctors recognize how the body, environment, and lifestyle all influence overall health. Through a whole-person approach, they work to restore balance and well-being. Prevention: Naturopathic medicine emphasizes preventing illness whenever possible. By integrating all six principles, NDs identify imbalances and guide patients toward lasting wellness. Subscribe Email Copyright © 2025 Dr. Bochi - All Rights Reserved."

b) from https://drbochi.com/mission:

"Mission. Dr. Bochi is dedicated to providing exceptional, patient-centered care rooted in the art and science of natural healing. Her mission is to create a unique synergy of holistic modalities that go beyond conventional care — nurturing the mind, body, and spirit in harmony. Through this integrative and personalized approach, she empowers individuals to experience deep, lasting transformation and reclaim vibrant well-being."

006. ND Bell and ND Graham Pages at naturohealthcenter.com

a) from naturohealthcenter.com/what-is-natural-medicine:

"What is Natural Medicine? Naturopathic medicine is a distinct system of health care — an art, science and practice of preventing, diagnosing and treating conditions of the human mind and body. Naturopathic physicians work with their patients to prevent and treat acute and chronic illness and disease, restore health, and establish optimal fitness by supporting the person's inherent self-healing process, the vis medicatrix naturae. What is a Naturopathic Doctor? Naturopathic physicians combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles and practices, naturopaths focus on holistic, proactive prevention and comprehensive diagnosis and treatment.

Naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health by identifying and removing barriers to good health and helping to create a healing internal and external environment. How do Naturopathic Physicians Help Patients? Prevention: Prevention of disease is emphasized through public health measures and hygiene as well as the encouragement and guidance of persons to adopt lifestyles which are conducive to optimal health. Diagnosis: Diagnosis and evaluation of the individual's state of health are accomplished by integrated modern and traditional, clinical and laboratory diagnostic methods. Treatment and Care: Therapeutic methods and substances are used that work in harmony with the person's inherent self -healing process. NDs treat all medical conditions and can provide both individual and family health care. Among the most common ailments we treat are allergies, chronic pain, digestive issues, hormonal imbalances, obesity, respiratory conditions, heart disease, fertility problems, menopause, adrenal fatigue, cancer, fibromyalgia, Lyme disease, autism, gastrointestinal health, and chronic fatigue syndrome. Call today for a 15 minute consultation to see if we are able to help you – (203) 264-2200 or Email us at: info@naturohealthcenter.com. Source: American Association of Naturopathic Physicians"

b) from: naturohealthcenter.com/detox:

"As time goes on, our bodies collect toxins. These toxins from the environment, chemicals and pollutants in the air, food, personal care products and water, disrupt the way that our bodies work. Each year, more than 4 billion pounds of chemical compounds are released into the environment. These include: Heavy Metals Pesticides and herbicides Pharmaceuticals Plasticizers Flame retardants PCBs (polychlorinated biphenyls) Solvents. The result of this is inflammation and disease. Many toxins accumulate in fat cells which makes it difficult to lose weight. We lack energy and feel run down. To preserve our health, it is important to unload these toxins. Our bodies are designed to process and remove the toxicities of our environment via our elimination systems-liver, kidneys, skin and digestive tract. There are so many toxins that we can't avoid and that our body can't handle getting them all removed from our bodies. A detox plan helps to push the systems that we have to increase the body's ability to process and eliminate these from the body. A metabolic detoxification plan should help support the natural ability of our body to eliminate these toxins. Naturopathic Health Center offers a clinically designed program to do just this. The program, either 10 or 28 days, includes supplementation, instructions and a simple meal plan. It is easy to follow and it does not leave you feeling hungry. When to consider Metabolic Detoxification? Difficulty Concentrating Mood Swings Lack of Energy Trouble Sleeping Tiredness Feel Bloated Live or work around Environmental Pollutants Have Occasional Digestive Discomfort 3 Tips to Doing Detox Right: A good detox program outlines the best food, nutrients, and herbs that support our body's own natural detoxification system to ensure it works smoothly and at the speed you need. Then you need to remove toxins from your body by sweating, whether from exercise, saunas, or something else. Sweating from Infrared Sauna contains 15-17% toxins Sweating from Exercise contains 2-3% toxins You need to Detox to support your

bodies natural practice of eliminating TOXINS. Take this Metabolic Detoxification Questionnaire and see what score you receive. If you would like to discuss the questionnaire in detail, please call Dr. Graham or Dr. Bell at 1-203-264-2200."

c) from naturohealthcenter.com/iv-vitamin-therapy:

"IV Vitamin/Electrolyte Therapy: Enhancing Your Wellness Naturally. In collaboration with a leading naturopathic practice and a seasoned APRN, we are pleased to offer IV vitamin and electrolyte therapy. This natural and efficient method involves administering essential vitamins and minerals directly into the bloodstream, ensuring maximum absorption and effectiveness. By bypassing the digestive system, IV therapy allows for a higher concentration of nutrients to be delivered to your cells, providing immediate benefits. The potential benefits of IV vitamin and electrolyte therapy include enhanced hydration, improved energy levels, and support for a healthy immune system. It can help replenish essential nutrients that may be depleted due to stress, illness, or intense physical activity. This therapy is designed to complement your overall health regimen, providing a natural boost to your body's systems. Our team of skilled practitioners is dedicated to delivering this therapy in a safe, comfortable environment, tailored to meet your unique health needs. Whether you're seeking to enhance your athletic performance, support recovery, or simply maintain optimal health, IV therapy can be a valuable addition to your wellness routine. Below are our available IV infusions. Click each option to explore its benefits and ingredients. Myers' Cocktail Weight Loss Support Brain Health Energy Boost Ease PMS Hydrate & Revive Immune Boost Recovery & Performance Boost Hangover Relief Skin Health Anti-Aging. 1. Myers' Cocktail Description: A time-tested formula named for Dr. John Myers, composed of essential multivitamins and nutrients designed to alleviate a range of symptoms and improve overall vitality. Possible Benefits | Ingredients: Starting at $125 and up depending on the infusion. Possible Benefits Increases energy Supports the immune system Decreases fatigue Provides hydration Ingredients: Magnesium Chloride B-Complex Vitamins Hydroxo B12 Calcium Gluconate Ascorbic Acid 2. Weight Loss Support: Description: Designed to enhance fat metabolism and energy conversion while supporting mental clarity and overall mood during calorie restriction. Possible Benefits | Ingredients: Starting at $125 and up depending on the infusion. Possible Benefits: Increases energy and performance Supports focus and mental clarity Improves mood Promotes fat-burning at the cellular level Boosts metabolism Ingredients: Thiamine (B1) Niacinamide (B3) Riboflavin (B2) Dexpanthenol (B5) Pyridoxine (B6) Taurine Methylcobalamin (B12) 3. Brain Health: Description: Formulated to support cognitive function, improve memory and recall, and enhance learning capacity by nourishing the brain and protecting against oxidative stress. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits Supports cognitive function and clarity Improves memory and recall Aids in learning and processing Protects brain cells from oxidative stress Ingredients: Pyridoxine (B6) Taurine Alpha-Lipoic Acid 4. Energy Boost: Description: Formulated to boost energy and support metabolic health, helping you feel more alert, focused, and physically ready for the day ahead. Possible Benefits | Ingredients: Starting at $125 and up depending on the infusion. Possible Benefits:

Supports fat-burning and metabolism Restores energy and reduces fatigue Enhances physical and mental performance Delivers essential nutrients for daily vitality Ingredients: Thiamine (B1) Niacinamide (B3) Riboflavin (B2) Dexpanthenol (B5) Pyridoxine (B6) 5. Ease PMS: Description: Designed to reduce bloating, irritability, and cramping while supporting mood, hydration, and muscle relaxation during PMS. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits Relieves muscle tension Restores energy Supports mood and reduces irritability Ingredients: B-Complex Vitamins Calcium Chloride Hydroxo B12 Magnesium Chloride 6. Hydrate & Revive: Description: Rehydrate, replenish, and revive with this formula designed to combat dehydration, flush toxins, and restore essential nutrients. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits Rehydrates the body Flushes out toxins Restores essential nutrients Supports immune function Boosts circulation and energy Ingredients: Ascorbic Acid (Vitamin C) Multivitamin Complex Mineral Blend 7. Immune Boost: Description: Designed to strengthen the immune system, reduce the risk of illness, and support faster recovery when sick. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits Protects against infection Speeds up recovery time Builds immune resilience Reduces illness duration Ingredients: Ascorbic Acid (Vitamin C) Vitamin Complex (B-Complex) Zinc Sulfate 8. Recovery & Performance Boost Description: Formulated for active lifestyles, this blend helps reduce inflammation, promote muscle repair, and accelerate recovery after exertion or injury. Possible Benefits | Ingredients. Starting at $125 and up depending on the infusion. Possible Benefits: Reduces inflammation and oxidative stress Supports post-workout recovery Enhances performance and endurance Replenishes vitamins, minerals, and amino acids Ingredients: Ascorbic Acid Vitamin Complex (B-Complex) Amino Acids Mineral Blend 9. Hangover Relief: Description: The Reboot IV Kit helps relieve hangover symptoms, restore hydration, and replenish essential nutrients for rapid recovery. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits: Rehydrates and restores fluid balance Relieves nausea and stomach discomfort Flushes out toxins Replenishes essential nutrients Ingredients: Ondansetron Vitamin Complex (B-Complex) Mineral Blend 10. Skin Health: Description: Designed to rejuvenate and brighten skin, supporting collagen production, elasticity, and a healthy, youthful glow. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits Repairs and supports collagen production Improves skin tone and elasticity Fights inflammation and oxidative stress Reduces dark spots and signs of aging Ingredients: Ascorbic Acid (Vitamin C) Glutathione Alpha-Lipoic Acid 11. Anti-Aging: Description: Designed to support mitochondrial function, hydration, and cellular regeneration to help reduce signs of aging and enhance overall vitality. Possible Benefits | Ingredients Starting at $125 and up depending on the infusion. Possible Benefits Hydrates and replenishes the skin Supports cell metabolism and regeneration Promotes collagen production Reduces oxidative stress and inflammation Improves energy and muscle recovery Ingredients N-Acetylcysteine Hydroxocobalamin Vita-Complex (B-Vitamins) Magnesium Chloride.”

d) in naturohealthcenter.com/dont-want-the-flu-shot-weve-got-alternatives:

“Don’t Want The Flu Shot? We’ve Got Alternatives! People are told they NEED the Flu shot and line up in droves to get their shot every year. It is hard to go against the majority and what authority tells you, but you have to think about what is right for YOU. Like several drugs on the market, it is all about how much money they can make, it is not the best protocol to protect you from the flu. At the end of the day, the pharmaceutical companies are running a business, and are trying to enact social anxiety and fear you into getting this injection. However, there are many different strains of flu and each individual’s immune system is different. ‘Many medical experts now agree that it is more important to protect yourself and your family from the flu vaccine than the flu itself.’ As we head into the Winter/Flu Season people need to concentrate on keeping their immune system healthy. These NATURAL alternatives to keeping your body healthy and strong exponentially more effective than the shot- NOSODE, a homeopathic tincture that prevents the flu, which is based on this year’s flu strains (an important distinction because not all flu vaccinations are specific to this year’s strains and are therefore useless). Many people did not succumb to the flu epidemic of 1918 due to homeopathic methods. If you are leery of the shot, this is the perfect alternative. In addition, Vitamin D and Vitamin C are important for immunity. Vitamin C – Click here for dosage amounts. Vitamin D – Facilitates normal immune system function and reduce your chances of getting the flu – Click here for approximate dosage amounts. Echinacea Root – Click here for full posts on avoiding flu. November 2nd is Vitamin D Day I found this recipe of a Flu drink that is also helpful in keeping your immune system strong- 3-4 whole lemons – juiced 1/2 in. Ginger 1 small clove garlic 1 tbsp raw local honey 5 drops of Oregano Oil If you would like to discuss the best way for you to keep your Immune System strong, please call us today and start fighting off those germs.”

007. ND LaPolice Pages at greenwichnaturalmedicine.com

a) from https://www.greenwichnaturalmedicine.com/about:

“About Dr. LaPolice. Naturopathic Doctor licensed in Connecticut. I was raised in Connecticut, where from a young age I grew passionate about gardening, nutrition and health. I attended the University of Rhode Island for my undergraduate degree where I earned a BS in Biology with a minor in Microbiology on a pre-med track. I graduated from URI in search of a medical program where I could study both medicine and nutrition. This search led me to Naturopathic Medicine. At University of Bridgeport I received a MS in Human Nutrition and my doctorate in Naturopathic Medicine (ND). I completed my thesis exploring the benefits of sauna use associated with metabolic and endocrine function, inflammation management, athletic recovery and cognitive function. Following graduation I have received training in Integrative Fertility, Endocrinology and Metabolic healthcare. Outside of working, I am an avid skier and outdoor enthusiast. I love traveling, being close to the beach and spending time with my family and pets. I love to cook, explore ingredients, create new recipes and teach others how to do the same. I am passionate about people and spent many years working in restaurants, where my passion for hearing about other people's journeys was ignited. As part of my practice and philosophy, I strive to both educate and heal my patients, empowering them to live better and healthier lives. My approach is a combination of both eastern and western methods. If you need a positive, energetic and caring Naturopathic Practitioner, please don’t hesitate to reach out to find out how I can help you restore and revitalize yourself. 20220128_095258.jpeg. About Our Office. Office hours per appointment only. Monday, Wednesday, Thursday 10AM-4PM. Saturday 10AM-2PM. We are located at 47 Oak Street in Stamford, Connecticut. Parking is available in the lot behind the building. We are the first door on the right once you reach the second floor (elevator access available). We offer both in person and tele-health services in Connecticut. Make an Appointment Phone: 203-276-1756 Email: contact@greenwichnaturalmedicine.com Fax: 1-203-717-5902 You can also book an appointment using the link to our Jane account below. We offer complimentary 15-minute consultations to determine if this is the right fit for you.”

b) from greenwichnaturalmedicine.com/service-and-fees:

“Services Offered. We specialize in a variety of holistic treatment services that address the root causes and not just the symptoms of pains and ailments. Contact us to find out more about how we can help you. Naturopathic Patient Visits Initial Naturopathic Patient Visit - $400 New patient visits typically last about one hour. In this comprehensive initial consultation we will review all current and prior medical concerns to help direct your treatment plan. This will often include physical examination as well as thorough evaluation of past medical history, social history, diet and lifestyle. We will review any recent labs and imaging and determine what further diagnostic testing should be ordered. Established Naturopathic Patient Visit - $275. Follow-up and subsequent appointments will typically last about 30 minutes. At this visit we will assess your progress, review any labs or imaging and redirect treatment plans as needed. Targeted Telehealth Check-In - $60 Functional Lab

Testing We partner with Genova, DUTCH and Doctor's Data to provide a variety of functional lab tests. These test kits can be picked up in our office and results are provided to you. Below are some of our most commonly used tests. These include tests to evaluate digestive health, nutrition needs, hormone imbalances, and other health factors. The results of these tests help us to tailor your treatment and nutrition plans to your exact needs. GI Effects Comprehensive Profile. At home stool test. The biomarkers on the GI Effects Comprehensive Profile reflect the 3 key functions of gut health arranged in the "DIG" format: Digestion/Absorption, Inflammation/Immunology, and the Gut Microbiome. Metabolomix. A first morning void (FMV) urine collection. This test is way to assess the functional need for antioxidants, B-vitamins, minerals, digestive support, fatty acids, and amino acids. Male Hormones Plus Panel. Salivary assessment of bioavailable testosterone in circadian rhythm. Assesses testosterone, cortisol and melatonin. DUTCH Complete. DUTCH is a Dried Urine Test for Comprehensive Hormones and is the world leader in sex and adrenal hormone panels. DUTCH Plus. The DUTCH Plus adds salivary measurements of the Cortisol Awakening Response to the DUTCH complete test to bring another important piece of the HPA axis into focus. DUTCH Cycle Mapping. This test maps the progesterone and estrogen pattern throughout the menstrual cycle. It proves the full picture of a woman's cycle to answer important questions for patients with month-long symptoms, infertility, or PCOS. Frequently Asked Questions. How should I prepare for my first appointment? Please prepare by submitting your new patient intake form within 48 hours of your visit. This allows the doctor to become familiar with your case and goals before you meet. This allows your first office visit time to be maximized and directed. You should collect any recent labs and imaging you have had done and either submit prior to your appointment or bring them with you. What should I expect from my first visit? Your first visit with the doctor will be about 60 minutes. During this time, we will discuss: Current state of health and any active complaints. Past medical history. Family history. Current dietary and lifestyle habits. Other factors that may be affecting your health. At this visit there will likely also be a physical examination and your doctor may order any additional labs that may provide further insight into your needs. While you will likely leave this visit with a limited treatment plan including nutrition guidelines and supplementation, oftentimes evaluation of lab work is required to complete a safe, thorough plan. Does this care take the place of my primary care physician? The short answer is no. While in some states Naturopathic Doctors operate in a primary care setting, in Connecticut, they are considered specialists. As such, they serve as a key part of a larger healthcare team. You should still be regularly communicating with and operating under the care of your primary care physician as well as any other specialists that may be able to help improve your care. This includes your OBGYN, Endocrinologists, Rheumatologists, Opthamologists [sic], etc. Do you accept insurance? We are currently in network with Aetna Insurance Company. We are working to be credentialed with other major providers soon. For patients not using insurance - we are committed to providing affordable care. For those paying out-of-pocket, we can provide a superbill which can be submitted to your insurance company for possible reimbursement. Please contact your insurance provider to learn if they typically reimburse for naturopathic medicine.”

c) from greenwichnaturalmedicine.com/about-1:

“Naturopathic Medicine. Naturopathic Medicine is a discipline of medicine that is based on bringing balance to the whole body. This is done by focusing on promoting a healthy state while preventing disease by addressing the root causes of bodily dysfunction. By directing the biochemical pathways of the body through nutrition, and lifestyle, you are able to restore balance. Naturopathic Doctors work with their patients using minimally invasive modalities to bolster the body’s natural abilities to heal itself and maintain balance. Naturopathic Doctors attend post-bachelor accredited naturopathic medical schools which are four-year, in-residence, hands-on training programs. In addition to a standard medical curriculum, schools require their graduates to complete four years of training in disciplines such as clinical nutrition, acupuncture, homeopathic medicine, botanical medicine, physical medicine, and counseling. For at least the final two years of their medical program, naturopathic medical students intern in clinical settings under the close supervision of licensed professionals. For more information about Naturopathic Medicine visit the American Assoication [sic] of Naturopathic Physicians here. Naturopathic Toolbox. Mind, Body and Soul. Naturopathic Medicine utilizes a variety of minimally-invasive modalities and techniques to empower patients to regain good health. Each modality focuses on education so that you can continue on journey to better health. Nutrition Counseling. Nutrition is one of the most important contributors to health. Fortunately for us, it is also something that we can actively control every day. Unfortunately for us, it can be easy to be overwhelmed by choosing what to eat. We are so often bombarded with fad diets, misinformation from media and misleading food labels. We help you to navigate what type of food is most beneficial for you specifically. Additionally, we hope to help you build a positive relationship with food so that eating healthy doesn't feel like hard work. All naturopathic patients will have nutrition incorporated into their treatment plans. Nutritional Cooking. Botanical Medicine. Herbs can be a very powerful form of medicine. For many generations herbalists, doctors, healers and a host of others have been using plants to improve their health. Naturopathic Doctors are trained extensively in the art of botanical medicine. Knowing which herbal remedies are indicated, safe and effective is essential to using this modality. Hanging Herbs. Hydrotherapy and Heat Therapy. Hydrotherapy is an important healing modality utilized in traditional Naturopathic Medicine. This method utilizes water in a variety of application methods and temperatures to stimulate the body. Some examples of this type of therapy include saunas, steam baths, foot baths, contrast therapy, herbal sitz baths, peat baths and constitutional treatments. While some of these treatments will be performed in the office, many of them can be continued to be used at home once you learn how to safely utilize them. Water Treatment. Lifestyle Counseling: Laying the foundation for good health is deeply rooted in your day to day lifestyle. This is of course more than just making a plan for diet and exercise. We also aim to improve your sleep, mindset, work-home balance and help you to limit your exposure to harmful habits that can be present in daily life. Image by Free To Use Sounds. Functional Lab Testing. We partner with several functional lab service providers to give you access to the most up-to-date testing options. In addition to the standard testing options, this allows us a more comprehensive look at hormonal function, GI

health and cardio-metabolic risks. See Services or contact our office for more information on the exact lab tests we offer.”

008. ND Monette Pages at avenamedical.com

a) from avenamedical.com/naturopathicmedicine.html:

“Naturopathic Medicine. All licensed naturopathic physicians are educated and trained at accredited naturopathic medical schools in the art and science of nature based healthcare. Naturopathic physicians can use the same techniques as conventional physicians in order to diagnose disease, which include thorough patient history, physical exams and laboratory testing. A NDs education is broad - clinical nutrition, botanical medicine, homeopathy, traditional Chinese medicine and acupuncture allows for a combination of all of these modalities to assist in treating each person with an individualized approach. Training also includes the study of pharmaceutical medications and their interactions with natural remedies. However, NDs aim to restore a patient back to health by using a variety of proven natural therapies, which are tailored to a patient's condition. Once health is restored, a maintenance plan is established in order to prevent further disease. Principles of Naturopathic Medicine: Naturopathic physicians are guided by the following six principles: First Do No Harm The Healing Power of Nature Identify and Treat the Causes Doctor as Teacher Treat the Whole Person Prevention. Licensure of Naturopathic Physicians in Connecticut. Naturopathic physicians have been licensed to practice medicine in the state of Connecticut since the 1930s. Naturopathic physicians in Connecticut use all modalities of their training except for surgery, IV therapy, and prescription drugs. Education / Training. All NDs graduating from nationally accredited naturopathic medical programs have fulfilled the following criteria: Four years of graduate medical education Two-year clinical internship Two-step licensing exams administered nationally by NABME Basic exams in anatomy, physiology, biochemistry, pathology and microbiology Clinical board exams in clinical and physical diagnosis, laboratory diagnosis, psychology, emergency medicine, pharmacology, clinical nutrition, botanical medicine, physical medicine, acupuncture, homeopathy and minor surgery.”

b) from avenamedical.com/clinicians.html:

“Dr. Alison Monette, ND. Do you feel less than optimal? Have you tried everything to restore your health and are still without a solution? If you are stuck, it's because you are in the centralized medical machine. Need support finding your way out? It's time to decentralize your health! Stop managing symptoms and learn how health works. My work is deeply informed by 20+ years of experience with a lot of learning and changes made along the way. At first, using traditional naturopathic and functional medicine modalities seemed to work to restore health but cases became more complicated and patients no longer responded as they had in the past. This forced me to unlearn to relearn an entirely different way of practicing medicine. I realized that whether it be allopathic medicine, naturopathic medicine or functional medicine they were all centralized medicine at the core. None of these modalities are truly designed to get patients better. I now practice decentralized medicine which allows me to teach patients how to be the CEO of their own health. I received

a B.S. in dietetics from the University of Connecticut, immediately going on to earn my medical degree at Southwest College of Naturopathic Medicine in Tempe, AZ, one of the five nationally accredited naturopathic medical schools at the time in the United States. I am a nationally board-certified, licensed naturopathic physician but have given up my registered dietitian status due to the extreme centralization of this label. I founded Avena Integrative Medical Center, LLC, located in Putnam, CT in 2007. It is here that I learned the art of medicine by working with thousands of patients over the years. My passion is helping people to decentralize their health. Whether it is avoiding the centralized medicine machine or unplugging from it, I am here to help navigate your health journey."

c) from avenamedical.com/clinicalnutrition-255474.html:

"Photobiomodulation (aka red light therapy) is an evidence based treatment that utilizes wavelengths of both visible and invisible light—specifically in the red and infrared spectrum—to enhance cellular function through interaction with the mitochondria. Benefits: Improves cellular function and energy output Decreases inflammation Improved wound healing Calms arthritis and joint stiffness Helps muscle spasms Decreases pain Combats chronic fatigue Improves sleep quality Boosts collagen production and enhances skin health Enhances cognitive and neurological function. Sessions. A session at our office is 20 minutes long. Because Red Light Therapy utilizes both visible red light and infrared wavelengths, you will feel a warm heat (that's the infrared!) during the session. While your skin might be warm to the touch or flushed after a session, red light and infrared light cannot burn the skin or produce a suntan. Photobiomodulation has been studied in over 500 human trials and 4,000 lab studies and is safe for everyone, even children. Come try photobiomodulation for yourself! Call the office to schedule your first session."

d) from avenamedical.com/neufit.html:

"NeuFit - Reprogramming Your Nervous System to Help You. Our body is limited by our brain and central nervous system from performing at its full potential. NeuFit combines our clinical knowledge and advanced medical technology, allowing us to scan the body and identify underlying obstacles limiting the rate of healing. By using NeuFit technology to train our muscles, brain and CNS, we can rapidly increase the rate that we heal from injury or increase performance by pinpointing what nerve paths are limited and restricting our performance or causing pain, potential injury, or be used to reduce the time for rehabilitation. Benefits Injury Rehabilitation Reduce Pain. The Science. NeuFit uses a specific electrical waveform that mimics our own body's central nervous system signal. It uses a direct pulsed current which is very different than an alternating current which other devices use. This technology helps promote proper communication of the nervous system throughout the body, reducing pain and enhancing recovery faster than any other modality currently offered. This in turn accelerates the healing process, improves muscular function and strength, stops pain and builds muscle. What to Expect. The first visit provides an opportunity to do a thorough evaluation of your body and your neurological function. If you are injured, we will identify the limitations that allowed you to get hurt or are slowing down your healing process. If you are looking to

enhance your fitness, we will use this time to identify what your body needs in order to move better and achieve results faster while reducing the risk of injury. The changes you will experience are lasting because we address your body's issues from the point of neurological origins. NeuFit does not just treat the symptoms, it is aimed at identifying and treating the origin of pain and retraining the body to move without impairments. It is very common for most people to notice significant improvement after the first session, however typically there is no one (even without injury) that wouldn't benefit from at least 10 sessions.”

e) from avenamedical.com/blog/tired-of-western-medicine:

“Medicine has come a long way from a time when one virus could kill off entire communities. Today, the medical community constantly continues to expand its knowledge and understanding of disease. But some time over the last ten years, our wellness needs have pivoted while conventional medicine maintains a steady course. Chances are you've gone to a traditional medical doctor with symptoms of an infection or illness and they treated these symptoms with a prescription. This prescription most likely cleared up your symptoms and maybe helped you feel better in the short term, but didn't last. Rather you are left feeling just as tired, achey, and symptomatic as when you walked in. This is not a surprise. Conventional Western medicine evolved during a time when Americans were primarily dying of acute, infectious diseases like tuberculosis, typhoid, and pneumonia. Prescriptions were originally created to address these acute diseases and reduce the chance of death. Today, Americans are no longer dying from these illnesses, rather the leading cause of death are chronic conditions like heart disease and Alzheimer's. With one in every two Americans suffering from chronic disease, pain and symptoms come back once the prescription meant for acute illness wears off. (Kresser) Chronic diseases are a different animal.They are "difficult to manage, expensive to treat, require more than one doctor, and typically last a lifetime" (Kresser). In these cases, prescriptions act like a bandaid: only treating the surface of the problem, not the deeper ailment. This model of medicine is no longer working. "People are sicker than ever. And doctors are missing out on major opportunities to help people live healthy lives." (Shojai). For example, if a patient with high cholesterol goes to a Western medicine doctor, they will be prescribed medication to lower their cholesterol levels that they will have to take for the rest of their lives. Modern medicine has it's place. If you come down with a contagious disease or get hit by a bus, going to the hospital is absolutely the best choice. But the plague of chronic diseases that Americans currently suffer from need to be approached differently. Chronic conditions develop from repetitive actions and lifestyle choices. Symptoms from these choices build up, creating chronic pain, inflammation, etc. The most sustainable way to treat (and prevent) these diseases is to address the choices and actions in your lifestyle that are creating them. At its base, this means staying away from processed foods, exercising 5-6 days a week, all the way up to testing for food sensitivities, removing products with chemicals from your routine, and dialing in on blood work results to improve your overall health. The more individuals learn about the connection between health, longevity and disease, the more informed we can be on how to combat chronic conditions.

Even now, society is slowly becoming more aware of the impact Western lifestyle has on our overall health and longevity. Europe is already starting to change their medical practices with "roughly 29% of EU's citizens use homeopathic medication on a daily basis. In fact, homeopathy is now included in Switzerland's national health system" (Shojai). The answers to chronic conditions and a better quality of life are already known. It is up to us to put these lifestyle choices into practice while continuing to learn more ourselves and educate others. If you are tired of Western Medicine, it is up to us as a society to redefine our health and make daily lifestyle choices to improve our wellness."

f) from avenamedical.com/blog/back-to-basics-the-root-of-functional-medicine:

"Back to Basics: The Root of Functional Medicine. The start of a new year often brings self reflection while preparing to look towards the future for growth. For Avena, this self reflection means digging into our roots. Our methods/practices have, and always will be, deeply rooted in functional medicine to uncover the underlying cause of disease. We wanted to take time to reflect on that and get back to the basics by defining functional medicine. What is Functional Medicine? Functional medicine is a biology-based, scientific medical approach that focuses on identifying and addressing the root cause disease. Functional medicine uses the latest technology and tests available to allow practitioners to uncover the true cause of a patient's symptoms. Naturopaths take the data from these tests and use natural supplements and functional lifestyle changes to address the root cause. These practices reduce and reverse symptoms in a sustainable manner to increase the longevity and quality of life. Symptoms vs Causes. A symptom is any subjective evidence of disease. This could include pain, fatigue, anxiety, etc. Causes are the region or origin of something. They are the root from which the symptoms stem from. Oftentimes symptoms and causes get mixed up with one another. Traditionally, a patient's symptoms are treated rather than the cause of those symptoms. The Functional Medicine Tree. The fundamental methods of functional medicine can be visualized through the functional medicine tree, pictured above. This diagram provides a visual representation to how signs and symptoms stem from root causes including genetics, environment and lifestyle. Based on the signs and symptoms that the patient shares, naturopathic doctors are then able look at the core clinical imbalances through blood work to develop a treatment plan that targets the root cause. At Our Core. Naturopathic medicine is a wholistic approach to maintaining one's well being, Rather than looking and treating one part of the problem (a symptom), we look at the whole picture (the whole person) to uncover where these symptoms stem from. If you only looked at the leaves on the Functional Medicine Tree, you would end up treating a symptom without fully understanding which root it stems from. Just like the leaves in our Functional Medicine Tree are connected to the branches and root system, the symptoms your body displays stem from imbalances in genetics, hormones, and environmental sensitivities. At our core, Avena is a wholistic medical practice focused on improving health and preventing disease through the practice of naturopathic medicine. We practice a model of medicine that combines the diagnostic tools and technologies from conventional medicine as well as emerging tests and tools that help us to

identify the critical imbalances that are the root of all illness. We take focus away from the disease-centered medical model and practice patient-centered medicine. Functional medicine is not just deeply rooted in our practice, it is the root of our practice and we are eagerly looking towards 2020 to continue optimizing wellness with functional medicine."

009. ND Wiesner Pages at healthfulharmony.com

a) from healthfulharmony.com/about:

"About. Meet Dr. Amy Etsudo Wiesner. Naturopathic Physician and Licensed Acupuncturist. For more than 22 years, I've been helping people feel better, live healthier, and connect more deeply with their own well-being. I'm licensed in both Naturopathic Medicine and Acupuncture, and I earned my Doctorate in Naturopathic Medicine along with a Master's degree in Acupuncture from the University of Bridgeport. Before that, I received my bachelor's degree from the University of Rochester in New York, where I also studied at the renowned Eastman School of Music. My passion for helping began long before my professional training. When I was 12, I became a vegetarian because I wanted to help animals. In high school, I started the first environmental club to raise awareness about the challenges facing our planet. But my path became crystal clear when my father had a heart attack at the young age of 47. Alongside his conventional care, he decided to see a Naturopathic Doctor. I went with him to the first appointment—and was fascinated by what I learned about healing without relying solely on drugs or surgery. That moment sparked my decision to pursue my naturopathic degree. My journey with acupuncture began while I was in naturopathic medical school, where I was introduced to it. I quickly fell in love—there was something magical about how tiny needles could bring such profound change physically, mentally, and emotionally. A few friends felt the same, and together we approached the administration to create a degree program so we could also become licensed acupuncturists. That dream became reality, and I was honored to be part of the first graduating class, serve as valedictorian, and read the graduation speech at the school's very first commencement ceremony. Over the years, I've added many tools to my practice so I can support patients in a variety of ways. I'm trained in Fasting and Nutrition for Longevity through Prolon and trained in therapeutic fasting with The Fasting Method, an international leader in metabolic health and intermittent fasting. I use these skills to help people lose weight, improve their health, prevent disease, and slow the aging process—always tailoring recommendations through lifestyle guidance, nutrition, and targeted treatments. Because health isn't just physical, I'm also certified in HeartMath® Interventions, a proven method to help people self-regulate, reduce stress, and find emotional balance. I use Qest4® bio-energetic testing to give real-time insights into your body's needs, whether that's nutritional support, allergy identification, or emotional well-being. I've also had the joy of teaching at the University of Bridgeport's College of Naturopathic Medicine and Acupuncture Institute, where I also went to school, sharing my passion for integrative medicine with future practitioners. Outside of the clinic, I'm a dedicated Zen Buddhist and a devoted hot yoga enthusiast, a lover of music, nature and animals. I'm also a volunteer at Greenwich Hospital. I believe that true health

means caring for the body, mind, and spirit—and that everyone has the power to take charge of their own wellness. My role is simply to guide, support, and encourage you along the way. DR. WIESNER'S EDUCATION. What is Naturopathic Medicine? Naturopathic medicine is all about treating the whole person—not just the symptoms—and helping the body heal itself. It blends the wisdom of traditional, natural therapies with the best of modern medical science. This approach can support people of all ages and can be used to address a wide range of health concerns, from prevention to chronic conditions. Education of a Licensed Naturopathic Physician Becoming a licensed Naturopathic Doctor (N.D.) is a rigorous process. We attend a four-year graduate-level naturopathic medical school, studying the same basic sciences as conventional medical doctors (M.D.s), but with additional training in natural and holistic approaches. There's a strong emphasis on preventing disease and optimizing wellness, rather than just managing illness. In addition to the standard medical curriculum, naturopathic physicians train extensively in clinical nutrition, acupuncture, botanical (herbal) medicine, homeopathy, psychology, and counseling. We learn to look at the body as an interconnected whole—mind, body, and spirit. After graduation, we pass demanding board exams to earn our licenses to practice as primary care general physicians in states or regions that regulate naturopathic medicine. What are Traditional Chinese Medicine & Acupuncture? Traditional Chinese Medicine (TCM) has been practiced for more than 3,000 years. It's a complete medical system that includes acupuncture, herbal medicine, manual therapies, dietary guidance, and mind-body practices like breathing and movement exercises. Acupuncture, one of TCM's best-known treatments, uses hair-thin needles placed on specific points of the body to restore balance. In Chinese medicine, the body's energy—called qi (pronounced "chee")—flows through pathways called meridians. When this flow is disrupted, illness or discomfort can occur. Acupuncture helps restore the smooth flow of qi and blood, supporting the body's natural ability to heal. Education of a Licensed Acupuncturist: A Master of Science in Acupuncture is typically a three-year program. It covers medical sciences, acupuncture techniques, herbal theory, Chinese medical diagnosis, oriental massage, and therapeutic exercises. Students also gain extensive hands-on clinical experience under the guidance of licensed acupuncturists. Before becoming licensed, acupuncturists must pass two important exams: Clean Needle Technique (to ensure patient safety) and national board exams in acupuncture. This ensures we're not only skilled in the art and science of acupuncture but also prepared to provide safe, effective care. Emotional Heart Health article written by Dr. Wiesner in the Natural Awakenings Fairfield County February 2022 […and that article states] Emotional Heart Health. Jan 31, 2022 11:00AM ● By Amy Wiesner. For thousands of years, we have been attributing emotion to the heart—love, hurt, grief, fear, sadness. There is even the word heartache, which was first used in 1578, according to the Merriam-Webster Dictionary. Why is the heart so affected by emotion? In Traditional Chinese Medicine (TCM), emotions are an important symptom. Chinese medical practitioners realized thousands of years ago that our emotions can affect our physical bodies and vice versa. In TCM, the heart stores all the emotions. Therefore, treating the heart can treat emotional imbalances. What the ancient medical practitioners did not know, because of the lack of modern technology, is that there is a direct link between the

brain and the heart neurologically in the body. The heart also releases hormones, so it can affect the body in other ways than just in the cardiovascular system. It responds to different stimuli and therefore can direct the body to respond to different reactions. That's why stress and depression, for instance, can negatively affect our bodies, while love and relaxation can positively affect our bodies. When we have negative emotions, the body releases stress hormones. When we have happier feelings and thoughts, this causes our bodies to be less stressed and therefore function better, including less stress on the heart and cardiovascular system. In a different area of research, the HeartMath Institute found that the heart has its own electromagnetic field, like the brain, only much bigger than the brain's. The data showed that "when people touch or are in proximity, a transference of the electromagnetic energy produced by the heart occurs". We know that being around and physically close to other people, as well as the sense of touch, is needed for physical and emotional health. It releases oxytocin, a hormone that makes us feel good and has beneficial effects on our bodies. What kind of effect, then, does someone else's electromagnetic field have on us? Knowing that there is an exchange of energy, it is logical to believe that someone exhibiting more positive emotions, which then causes the heart to function more regularly, would have healthier results on those around them, rather than someone who is expressing aggression or anger, causing stress to the body, which would then affect the heart and its electromagnetic offering. Therefore, taking care of our hearts takes a multi-pronged approach. We need to eat healthy foods to give our bodies the nutrients and phytochemicals it needs and to avoid ones that are harmful, like processed foods. Making healthy choices is nourishing both physically and mentally. We need to exercise so that our hearts and brains are functioning optimally. As stated previously, the heart and brain are intimately connected, so taking care of them both through exercise is important. We need to take care with our thoughts, not only to give our minds peace, but to minimize the effects negative feelings and thoughts have on our physical bodies. We can do this through therapy, meditation and exercise. Working on having loving, positive relationships around us is also important. Not only because of the electromagnetic field of our hearts, which affects and can be affected by others, but also because difficult relationships can cause emotional stress, which then causes physical stress. Tempering our reactions to others can help us to cope in situations that we are unable to change. Once again, therapy and meditation can help us in this regard. Additionally, therapies such as acupuncture, which works on the physical, emotional, mental and energetic levels at the same time, is a wonderful choice to help balance the body so that we can lower physical and emotional stress—which in turn helps to make the body healthier. Taking care of our physical body also means taking care of our emotional and mental health, as they are intertwined. Being mindful of the link between the heart and our thoughts and emotions can greatly influence our entire body, and thus our physical health and quality of life. Dr. Amy Wiesner has been practicing Naturopathic Medicine and Acupuncture for nearly 20 years in Norwalk. She combines compassionate listening with modern technology and other techniques to help address your mind and body so that you can live a better life. Connect at 203-962-5887 or HealthfulHarmony.com See Community Resource Guide listing, page 36 […] COVID FATIGUE Article by Dr. Wiesner in the May 2021 Natural Awakenings

Magazine (below) […and that article states] HEALING FROM COVID FATIGUE. Natural Awakenings Magazine from May 2021 Natural Awakenings Fairfield & Southern Litchfield Counties CT. by Natural Awakenings Magazine. by Amy Wiesner. Most of us have never lived through a pandemic. The elimination of our normal activities, even our freedom, which helped to keep us relatively balanced both emotionally and physically, has resulted in widespread unhealthiness. Being home, shut away, constantly around food, some of us without touching other beings (whether human or animal) has taken a toll on the world population. We may have PTSD—post-traumatic stress disorder. We have been traumatized by the change to our lifestyles and in extreme cases, our food supplies, homes and income. We have also been in survival mode for a year—our very lives have been threatened. According to Psychology Today, COVID-19 fatigue is a "complex of emotions that include boredom, loneliness, sadness, frustration, anxiety, fear, anger and resentment, all brought on by the loss of activities and social relations produced by pandemic restrictions". Though the pandemic hasn't yet gone away, there are some ways in which we can cope with this fatigue. Now that the long winter is over, make sure to get out in the fresh air. Sunshine is very important. Not only will it help to reduce our feelings of isolation and confinement, but sunshine is necessary for a healthy body. We need sunshine to help support our circadian rhythm, to produce vitamin D, to balance our hormones melatonin and cortisol and to help promote healthy sleep. Exercise is another way to fight COVID fatigue. We feel better both physically and emotionally when we exercise, not to mention the healthful benefits to our bodies and overall health. Exercise can help us to live longer and healthier and to stave off disease. It also releases chemicals that make us feel better emotionally and helps us to have healthier sleep. Healthy sleep is incredibly important for mental and physical health and this is often neglected. Creating a healthy sleep regimen is necessary for gut health, hormone balance, healing and repair and a healthy immune system. And think about how grumpy we are and how we sometimes can't think properly when we don't get enough sleep. It can even affect those around us—our loved ones, our coworkers, the driver who just cut us off. Prioritizing sleep is necessary. Set a schedule and try to stick to it— and make sure to get eight to nine hours each night, preferably between 10 p.m. and 6 a.m. Stress is also a ubiquitous side effect of the COVID pandemic. Stress negatively impacts all of our body, including our immune system. Not to mention the emotional and mental toll it takes on our everyday lives. Who doesn't have some kind of stress in their lives, even before the pandemic? The thing is, we can't eliminate stress, but we can change our reaction to it. Meditation is an effective way to decrease our stress levels. By sitting still and being calm, we can change the way our brain reacts to stressors in our life. Our brains actually have an enormous capacity to change—it just takes consistency. Even if we only start with three minutes a day and work our way up, it's a start to a less stressful life. Healing therapies such as acupuncture, chiropractic and massage are also great ways not only to deal with stress in general, but also to help waylay COVID fatigue. Acupuncture, for instance, helps the body to release endorphins, which makes people feel happier and create the "runner's high". Even just taking a bath or a long, indulgent shower can be healing. Adrenal fatigue also needs to be addressed after a year in a pandemic. The stress from the change in our daily lives and the threat to our very existence which puts us

in “fight or flight” mode can tax our adrenal glands. Exercise, proper sleep, a healthy diet and meditation can help get us on the right track. Of course, a healthy diet must be mentioned. Eating healthy, unprocessed, whole foods is incredibly nurturing and healing. Not only are we getting essential nutrients, vitamins and minerals, we are decreasing inflammation in the body which can cause disease. It also makes us feel good long-term, whereas eating improperly can make us feel better initially, but feel tired or unwell later on, which only causes more stress. Eating healthfully is often the hardest thing to change as we use detrimental foods as a source of comfort in times of stress. Take this time to choose wisely and feel better both emotionally and physically. Having a community to belong to with people who care about us is important to staying healthy mentally and emotionally as well. Religious groups, meditation groups, exercise groups and shared interests are ways to find like-minded individuals who can be supportive. And many groups are conducting meetings via Zoom, so we can still connect with other people even if we can’t leave home. To keep our bodies the healthiest they can be so that we can hopefully avoid ever contracting COVID, we must combine all of these efforts to maintain a healthy immune system. Exercise, sleep, healthy food choices and mental and emotional well-being are all necessary for us to be at our best. As always, if feeling especially unwell—either emotionally, physically or both—seeking professional help is key. Dr. Amy Wiesner has been a Naturopathic Physician and Licensed Acupuncturist for over 15 years. She assists people in healing on all levels—physically, mentally and emotionally. She has a private practice at the Wellness Institute with Dr. Marvin Schweitzer in Norwalk, but also does home visits and tele-health visits. Connect at 203-962- 5887, DrAmyWiesner@gmail.com and HealthfulHarmony.com. See ad, page 49.”

b) from https://healthfulharmony.com/blog:

“Services. Conditions Treated: I work with people on a wide range of health concerns, including: Wellness & preventive care Infertility, prenatal, pregnancy, and postpartum care (learn more HERE) Stress, anxiety, and emotional balance Pain management Gastrointestinal issues Allergies & sinus concerns Headaches & migraines Urinary disorders Menstrual and hormone imbalances And much more. How I Help You Feel Your Best. I use a variety of tools and therapies to support your health, tailored to your unique needs: Qest4™ Bio-Energetic Testing: Qest4™ gently sends specific frequencies through your body to assess how your organs, glands, and tissues are functioning. The technology provides a “real-time” snapshot of your body’s energetic balance, helping to identify areas that may need attention before they manifest as illness. Many patients are amazed at how quickly and clearly actionable insights can be gathered, guiding a personalized approach to care. Acupuncture & Traditional Chinese Medicine (TCM): Acupuncture uses hair-thin needles at precise points to restore balance and support the flow of energy (qi) through the body’s meridians. By harmonizing the body’s energy, acupuncture can relieve physical symptoms, improve emotional well-being, and promote overall health. Group Acupuncture: Group acupuncture sessions take place in a shared space, making this effective treatment affordable and consistent. It’s a wonderful way to make acupuncture part of your regular wellness routine. Learn more here.

Herbal Medicine, Nutritional Supplements, & Homeopathy: I may recommend herbs, vitamins, and homeopathic remedies to support your body’s natural healing processes and overall wellness. Nutrition: I provide guidance on healthy eating, label reading, and creating sustainable dietary changes. My goal is to help you make practical choices that support your overall health and well-being. Fasting: I’ve received specialized training in therapeutic fasting through Prolon and The Fasting Method, allowing me to help patients improve metabolism, lose weight, and prevent disease. Fasting can be a powerful tool when tailored to your individual needs, and I guide patients safely through the process. Facial Rejuvenation Acupuncture: This specialized acupuncture technique addresses signs of aging by working locally on the face while also addressing the root causes of aging within the body. It promotes a natural, refreshed appearance while supporting overall health. Meditation & Mindfulness: Mental and emotional well-being is a key part of physical health. I teach meditation and mindfulness techniques to reduce stress, increase focus, and foster positivity and resilience in everyday life. Corporate Wellness: I bring acupuncture and wellness services directly to your workplace, helping employees restore emotional and physical balance. Healthy, balanced employees are happier, more productive, and more engaged.”

010. NDs Abraham, Placeres, Song, Staal Pages at placeresintegrativemedicine.com

a) from placeresintegrativemedicine.com/naturopathic-medicine:

“Naturopathic medicine is a functional medicine approach that emphasizes prevention and the self-healing process through the utilization of natural remedies. The intention of naturopathy is to heal the whole body and build health with a non-invasive approach using various modalities. Rather than just suppressing symptoms, we work to identify the underlying causes of illness and develop personalized treatment plans to address them. Integrative Approach: Our approach is comprehensive. When you work with our Naturopathic Physicians, we use the latest diagnostic testing methods alongside conventional labs, clinical observation, herbal medicine, clinical nutrition, your personal history, and your current lifestyle factors to get an accurate picture of what’s contributing to your state of health. This allows us to individualize integrative treatment plans just for you that complement your conventional treatment. Ample Time: As a new Naturopathic patient, you can expect 60-75 minutes of uninterrupted, personal time with your doctor to go over your medical history, gain an understanding of your current health concerns, and create complementary and alternative lifestyle protocols that are realistic in helping you attain your health goals. Education & Guidance: It’s our goal to help you understand and manage your health with education and guidance. Through herbal medicine, clinical nutrition, and lifestyle counseling, we provide you with effective, natural therapies and long-term health plans. Dietary Changes & Supplements: Naturopathic medicine incorporates dietary changes and targeted supplementation to address nutritional imbalances and support the body's natural healing processes, promoting optimal health and well-being. By customizing nutrition plans and recommending appropriate supplements, naturopathic practitioners aim to restore balance and enhance the body's innate ability to heal itself. Stress Reduction:

Naturopathic medicine integrates stress reduction techniques, such as mindfulness practices, relaxation exercises, and lifestyle modifications, to address the impact of stress on overall health and well-being, aiming to restore balance and promote optimal health. Lifestyle Changes: Naturopathic medicine emphasizes the integration of natural therapies with lifestyle changes, recognizing the profound impact that healthy habits, such as nutrition, exercise, stress management, and sleep, can have on overall well-being. By addressing both the underlying imbalances in the body and promoting positive lifestyle modifications, it aims to support optimal health and long-term wellness. Our Philosophy: At our practice, we are committed to providing effective, natural therapies and long-term health plans. We believe that by working together, we can help you achieve optimal health and well-being. Contact us today to embark on your personalized journey toward a healthier life."

b) from placeresintegrativemedicine.com/acupuncture:

"Acupuncture treatment uses thin needles to correct vital energy pathways in the body, called Qi. Acupuncture is a gentle, relaxing treatment with profound results. Call to schedule or visit the patient portal! Discover the Healing Power of Acupuncture. Embark on a transformative healing journey with acupuncture, a time-honored practice that restores harmony and vitality to your body. By gently stimulating acupoints, acupuncture corrects imbalances and blockages in the flow of Qi, allowing it to circulate freely and nourish your organs and tissues. This renewed energy flow supports optimal function and triggers your body's natural healing mechanisms. Pain Management: Whether you suffer from migraines, back pain, or joint discomfort, acupuncture offers a holistic approach that targets the root causes of pain, rather than just alleviating symptoms. Acupuncture is also great for musculoskeletal pain, joint pain, wound healing, inflammation and relaxation. Common Ailments: If you struggle with insomnia or sleep disturbances, acupuncture can help regulate your sleep patterns, allowing you to enjoy restful nights and wake up refreshed. The gentle stimulation of acupoints promotes relaxation, reduces stress levels, and restores emotional well-being, making it an effective therapy for addressing anxiety and restoring inner calm. Performance: Acupuncture can help improve athletic performance, sports injuries, anxiety / depression, and immune function. Fertility: Acupuncture has also been known to help with infertility. Our Philosophy: Experience the profound healing benefits of acupuncture as it revitalizes your mind, body, and spirit. Let our skilled acupuncturists guide you on this transformative journey, providing personalized care and restoring balance to your life. Rediscover a sense of well-being, tap into your body's innate healing wisdom, and embrace a healthier, more vibrant you."

c) from placeresintegrativemedicine.com:

"Welcome! Placeres Integrative Medicine provides a wide range of medical services to our community in a welcoming and accepting environment. Here you will find a level of healthcare that stands out above the current standard of care. We prioritize spending time getting to know our patients. Appointments are not rushed and your concerns are not dismissed. Our Naturopathic Physicians are ready to help you

investigate the cause of your symptoms and formulate a plan to help you feel better using the best of complementary and alternative medicine. We have a team of clinicians ready to help you on your health journey. We also offer Women’s Health, Acupuncture, Nutrition, Chiropractic Medicine, Massage Therapy, Mental Health Therapy, Craniosacral and more. Take some time to look around our website and learn more about our services, clinicians and our approach. If you feel inspired, give us a call and reclaim your health today! Our Services: Naturopathic Medicine Acupuncture Reiki Mental Health Therapy Traditional Chinese Herbal Medicine Craniosacral Therapy Clinical Nutrition Massage Therapy Facial Rejuvenation […] Our Mission. At the heart of Placeres Integrative Medicine is our passion for quality, accessible, naturopathic and integrative healthcare. We are a place where patients are accepted and treated with the care and compassion they deserve. I started this practice with a vision to provide education to my community around health and wellness. We believe in our patients' ability to help heal their bodies when given what they need, and our insurance-based model makes it easy to offer services that truly treat the root causes of disease. My passion is working with patients and listening to their unique stories. At Placeres Integrative you will receive the most up-to-date diagnostic and individualized treatment methods to help you overcome and prevent illness. We set you up for success on your health journey by providing you with the best tools that Naturopathic and Integrative medicine has to offer. I believe everyone should have the opportunity to access this type of medicine. We offer free 15-minute consultations so you can see how our Naturopathic Medicine, Acupuncture, Chiropractic and Nutrition services can benefit you and your family. Thank you for exploring Placeres Integrative, and we look forward to the opportunity to work with you. Dr. Amanda Placeres, ND, MSAc, Founder. Insurance. Ready to schedule a visit? The following is a list of Insurance Companies our clinicians participate with. Please note that not every plan under these insurances may be considered in-network and having coverage does not mean that every service will be considered a covered benefit. We encourage all patients to call their insurance provider to review their coverage. Any service provided that is not covered will be the patient’s responsibility. We will provide a superbill as a courtesy to patients who have insurance plans that we do not participate with. As a courtesy to our patients, our team will call and provide information regarding your insurance plan benefits. This does not guarantee coverage. Placeres Integrative Medicine is in Network with the current health insurance providers: Aetna (Naturopathic Medicine, Acupuncture and Mental Health Services, Anthem Blue Cross Blue Shield (Naturopathic Medicine and Acupuncture), United Health Care (Acupuncture and Mental Health Services), ConnectiCare (Mental Health Services), Husky (Mental Health Services). Please note: Insurance coverage varies by provider, and benefits depend on your individual plan. It is the patient’s responsibility to verify coverage with their insurance company for the services they are receiving.”

011. ND Morris Pages at drartemis.com

a) from https://drartemis.com/integrative-medicine-and-holistic-healing/naturopathic-medicine:

“Naturopathic Medicine. Naturopathic medicine prevailed in all cultures before pharmaceutical medications and was practiced as “regular” medicine before the establishment of the American Medical Association in the early 1900s. Naturopathic Medicine has evolved into holistic primary care medicine as is taught by accredited naturopathic medical schools. Naturopathic medical therapies include nutritional counseling, herbal medicine, expert advice on nutritional supplements, homeopathy, hydrotherapy, and counseling. In some states of the US, Naturopathic doctors (NDs) can prescribe pharmaceutical drugs as is consistent with their training in general primary care medicine and do so judiciously. In states where NDs do not have prescriptive rights, they collaborate with their conventional medical colleagues and use natural therapies with highly effective results. When nutritional supplements and herbs are recommended and supplied by a licensed Naturopathic Physician, there is no risk of harmful side-effects and you are getting an individualized treatment plan specific for your needs and biochemistry. Naturopathic medical advice can help you wean off some medications, reduce your dependence on others, and never need to take many more. Naturopathic medicine also helps to reduce the side-effects of many pharmaceutical drugs when they are necessary. Naturopathic medicine also provides help for people who do not feel well and are told “there is nothing wrong with you” in conventional medicine because it can address medical problems before they become a pathology that can be seen on conventional diagnostic methods, such as, lab results. Naturopathic medicine is the best form of preventative medicine and allows you to treat your body with the respect and support it needs to be healthy. “Let thy food be thy medicine and thy medicine be thy food” – Hippocrates. Principles of Naturopathic Medicine: The healing power of nature Identify and treat the cause First, do no harm Doctor as teacher Treat the whole person: mind, body, and spirit Preventative medicine and wellness Visit Artemis Wellness Center. Benefit from an integrative treatment plan that combines the best of modern medicine, clinical nutrition, acupuncture, expert advice on herbal medicine and nutritional supplements, and lifestyle guidance uniquely for you.”

b) from drartemis.com/integrative-medicine-and-holistic-healing/functional-medicine:

“Functional Medicine. Functional Medicine focuses on identifying the underlying factors found in disease, or disharmony, by holistically integrating conventional and alternative approaches to health. Functional Medicine is taught and practiced by naturopathic physicians and is a source of continuing education for conventional medical physicians and practitioners interested in integrative medical training. The practice of Functional Medicine (FM) is very comprehensive, looking in depth at how your biochemical individuality reacts with the environment, diet and lifestyle to shape your level of health. For instance, many people have similar complaints such as arthritic joint pains or IBS, but the treatment approaches may be very different based upon how your system functions at the epigenetic, genetic, biochemical, and physiological levels. Some people simply require more vitamin D than others because their receptors do not bind the vitamin D well, just like one person may be fine on 6 hours of sleep but another may need 8 hours of sleep to function

optimally. The goals of FM are to naturally restore proper physiology and biochemistry to optimize health. Functional Medicine examines the complex web of relationships between symptoms, organ systems (including your mind, body, and emotions), biochemical individuality and the environment to better understand how you function as a whole. You are unique and each part of a treatment plan should be geared to how best to help you achieve wellbeing. Functional Medicine also realizes your body has an inherent healing capacity if it is given what it needs to function appropriately. Health is more than just the absence of disease; it is a state of high vitality and adaptability. Symptoms occur when that adaptability is limited. Many symptoms and disease processes can occur from lack of certain nutrients. Hence, determining the best diet, supplementation, and other treatment modalities based upon Functional Medicine will give you the best picture of how to regain your health. Fatigue in one person may be from iron deficiency while another may suffer the same symptoms from vitamin B12 deficiency. Furthermore, the iron deficiency could actually be coming from vitamin C or copper deficiency. FM can easily examine these and other nutrients to determine why you may be so tired all of the time. The best part of FM is that it can easily be used to help anyone who suffers from any number of complaints (from skin to internal organs and even emotional health issues) because it is focused on how your body is reacting to the environment, instead of lumping you into a group and hoping the treatment fits you. You don't have to be "sick" to benefit from Functional Medicine. Many patients come to get into a better state of health. The FM process looks at amino acid, organic acid, neurotransmitter, and nutritional testing to determine if you require additional nutritional support to better balance your body functions. Whether you are thinking about paleo, gluten-free, dairy-free, ketogenic, detox, alkaline, genotype diets or any others, you first want to consider looking at it from a FM perspective to determine which nutrients you can properly absorb and utilize. One person may function fine with high protein and vegetables while others may require some carbohydrates to be truly healthy. FM helps you to better understand your body, what works right for you, and helps you be more proactive to achieve better health and vitality."

c) from drartemis.com/integrative-medicine-and-holistic-healing/acupuncture-and-eastern-medicine:

"Acupuncture and Eastern Medicine. Acupuncture. Acupuncture and Oriental Medicine has been practiced in China for several thousand years. It is the oldest complete system of medicine. It involves inserting sterile, one-time-use, thin needles into specific areas of the body to induce therapeutic results. Acupuncture works by stimulating the circulation, connective tissue, and lymphatic system; releasing endorphins (feel good chemicals); and through anesthetic nerve fibers. There is a lot of research on how acupuncture works on the body and its use in treating disease, although, there is still a lot to be learned. Many conditions have been proven to respond successfully to acupuncture according to the National Institutes of Health (NIH) including, but not limited to, post-operative and chemotherapy nausea and vomiting, nausea of pregnancy, post-operative dental pain, addictions (smoking, etc.), stroke rehabilitation, headaches, menstrual

cramps, eczema, tennis elbow, fibromyalgia & chronic fatigue, low back pain & sciatica, carpal tunnel syndrome, and asthma. It is safe and effective for a wide range of conditions. Dr. Artemis specializes in acupuncture for women's health (menopause, PMS, infertility, etc.), stress related disorders, and pain management. Dr. Artemis Morris completed her Masters of Science in Acupuncture from Bastyr University. She also trained at The Shanghai University of Traditional Chinese Medicine in Shanghai, China. She is a diplomate in acupuncture (NCCAOM) and a Licensed Acupuncturist (L.Ac.). Acupuncture and Chinese Herbal Medicine are safe and effective methods of helping women and men improve their fertility alone or in combination with Assisted Reproductive Technologies (ART). Acupuncture during ART (IVI, IUI) can improve the chances of success by 40-60% according to research. Dr. Artemis Morris collaborates with her colleagues in providing the most professional, supportive, and safe care in CT. Cupping. Cupping is a technique whereby cups are used to create a suction on the skin to help circulation and healing, and is similar to a deep tissue massage. Many cultures have practiced cupping as part of their folk medicine for thousands of years. Cupping is also one of the traditional Chinese medicine techniques that may be used to help with healing. Cupping may be included in your Acupuncture session if indicated. You can discuss it with your licensed acupuncturist. Cupping Therapy Used by More Than Just Olympic Athletes CT STYLE interviews Dr. Artemis about cupping. What does cupping do? Benefits. Cupping increases circulation, relives muscle tension, detoxifies the body, and strengthens the immune system by drawing soft tissue into the cup using a suction effect. Cupping can be combined with massage or done on its own. Fire cupping involves using glass cups and a flame to remove the air out of the cups before placing it on the skin. Cups can also be made of out of silicone and other plastic materials and do not involve the use of fire to create a suction on the skin. What are the contraindications and side effects of cupping? Risk. The only side effect of cupping is that it can leave a bruise or create a purple/reddish mark on the skin because of the suction effect created. Cupping is contraindication on broken skin and is generally done on areas, such as, the back, neck, shoulder, legs, and smooth areas of the body with ample soft tissue. Cupping can be used for: Muscle tension Coughs/colds/chest congestion and improving immune function Pain and pain syndromes Detoxification Reducing cellulite and increasing circulation Facial rejuvenation in combination with facial rejuvenation acupuncture Watch Dr. Artemis demonstrate the cupping procedure."

d) from drartemis.com/integrative-medicine-and-holistic-healing/craniosacral-therapy:

"Craniosacral Therapy. Craniosacral therapy is an energetic treatment that induces structural and mechanical changes through subtle movements in the cerebrospinal fluid and connective tissue. It is a relaxing therapy that is useful for many physical and stress-related disorders. Dr. Artemis studied under Nancy Soliven, MD in Seattle, Washington. The other energetic modalities Dr. Artemis has studied includes Reiki, Visceral Manipulation, and Integrative Manual Therapy. Craniosacral therapy is effective for a wide range of medical problems associated with pain and dysfunction, including: Migraine Headaches Chronic Neck and Back Pain Motor-

Coordination Impairments Colic Autism Central Nervous System Disorders Orthopedic Problems Traumatic Brain Injuries Spinal Cord Injuries Scoliosis Infantile Disorders Learning Disabilities Chronic Fatigue Emotional Difficulties Stress and Tension-Related Problems Fibromyalgia and other Connective-Tissue Disorders Temporomandibular Joint Syndrome (TMJ) Neurovascular or Immune Disorders Post-Traumatic Stress Disorder Post-Surgical Dysfunction."

e) from drartemis.com/integrative-medicine-and-holistic-healing/flower-essence-therapy:

"Flower Essence Therapy. Flower essence therapy is the use of flower extracts to address the emotional and spiritual aspects of illness. For example, Centaury flower essence helps a person with establishing boundaries and having a strong sense of inner purpose. There are hundreds of different flower essences (as there are countless numbers of flavors) each addressing a different aspect of human nature. Dr. Artemis Morris makes custom flower essence combinations that are effective for emotional balance and stress. To schedule an appointment with Dr. Artemis Morris for a custom flower essence formula, click here. Flower essences may be taken individually or as a combination formula. Aromatherapy Sprays. Stress Relief, Joy, Sage Spray, Benevolence, and Meditation. Dr. Artemis hand blends aromatherapy essential oils and flower essences to make her healing sprays with pure, organic, ingredients. Massage oils Bath salts Customized flower essence therapy formula (requires medical visit) Customized tinctures (requires medical visit) Customized Chinese herbal formula for women's health (requires medical visit) Dr. Artemis Products are available at Artemis Wellness Center. Five-Flower Formula. A combination of five English flower essences first developed by Dr. Edward Bach, promoting calm and balance in diverse situations of stress, emergency, and trauma. Five-Flower Formula is a highly effective, synergistic blend of five different flower essences in the repertory of English flower essences. This remarkable combination was first developed by Dr. Edward Bach in the 1930's through his own practice and observation. Five-Flower Formula belongs to the Healing Herbs line of English flower essences, prepared in England by Julian Barnard, and distributed in North America by Flower Essence Services. The following is a brief look at each of the five flowers which comprise this remedy: Rock Rose – Helianthemum nummularium. Rock Rose is used for extreme conditions of terror or fear. Its role within the Five-Flower Formula is to bring stabilization and calm, particularly by helping to anchor light, or an inner force of sun-radiance, which typically darkens during extreme states of fear or panic. Clematis – Clematis vitalba. This plant exudes a quality of dreamy, floaty "other-worldliness", and is indicated for amorphous states of awareness which are lacking in clarity and fully awake consciousness. In the Five-Flower Formula, Clematis helps to draw one's consciousness back into the body and into present time during episodes of extreme stress, when one tends to lose connection with the physical body. Impatiens – Impatiens glandulifera. As its old folk name of Impatiens suggests, this flower essence is used to balance and soothe those who suffer from intense irritability, impulsivity, or hastiness. The Impatiens flower helps us to "breathe with" time, rather than to fight it. Thus we can understand its important role in the Five-Flower Formula, when extreme crisis or emergency often distorts

our ability to remain calm and to flow with outer events. Cherry Plum – Prunus cerasifera. Cherry Plum is beneficial for states of extreme tension and fear of losing control. This over-straining and tightening of one's "psychic grip" on reality creates incredible stress. Like the pure white flowers themselves, the Cherry Plum brings a sense of inner peace and stillness to the Five Flower Formula, allowing us to ease the contraction felt in body and mind during times of panic and emergency. Star Of Bethlehem – Ornithogalum umbellatum. This is a significant remedy for various states of shock or trauma, which have distorted or diminished one's more radiant inner forces. In the Five-Flower Formula, the Star of Bethlehem helps us to regain deep composure, allowing us to learn from and master the situation at hand. Beyond the immediate recovery from shock and trauma, the Star of Bethlehem also points us to a deeper sense of acceptance and understanding of our experience. Five-Flower Formula: Indications for Use: There are myriad possible uses of this remarkable formula. Most typically it is used to help with the mental levels of pain, suffering, and confusion which surround any crisis or emergency. It can be helpful for those who are assisting in a crisis or emergency, as well as those who are actually experiencing the distress or pain. Five-Flower Formula is an ideal, all-purpose home-care remedy. Many mothers use it to calm children who have fallen or hurt themselves, or who are beside themselves with panic or fear. It can be used for household accidents such as burns, along with a cream or suitable ointment. It is also used regularly in stressful situations such as visits to the dentists or childbirth. Five-Flower Formula is widely reported to be used in cream base or sublingually to help any recovery effort such as after surgery, or in any post-traumatic stress situation such as war, rape, natural disaster, or loss of one's loved ones or home. Finally, many therapists report using Five-Flower Formula as an "entry-level" remedy in their health practices. Practical Suggestions for Use: Availability. Because this formula is especially designed to assist in emergencies, it is important to keep in handy in places that provide immediate access. In most cases it is advisable to have one or more bottles in various locations such as your purse or briefcase, the glove compartment of your car, and the medicine chest, bathrooms, and kitchen of your home. Dosage: In emergency situations, Five Flower Formula can be taken directly from the stock bottle with four drops under the tongue, or a half-dropper mixed in a glass of water. You may also make a dosage bottle with the remedy, with equally effective results. If you are assisting someone who is unable to drink, you can rub some of the concentrate on the lips and on the pulse points of the body. Alternatively, you can spray or mist the formula on the lips and over the whole body. Doctor Artemis' training in flower essences is with the Flower Essence Society. She prescribes flower essence combinations based on each individual's healing needs."

f) from drartemis.com/integrative-medicine-and-holistic-healing/herbal-medicine:

"Herbal Medicine. Before there were synthetic drugs, there was herbal medicine. Clinical and laboratory research in herbal medicine continues to this day. Dr. Artemis is trained in both western and Chinese herbal medicine. She prescribes herbs and natural supplements that are specific for each person. Naturopathic physicians are the experts in drug-nutrient/herb interactions because they are

trained in traditional medicine, herbal medicine, and nutrition. Dr. Artemis Morris is researching herbal medicine of Crete, Greece for a variety of medical conditions. She recommends customized herbs based on traditional use and scientific knowledge."

g) from drartemis.com/integrative-medicine-and-holistic-healing/womens-health:

"Women's Health. TCM and Acupuncture for women's health. Dr. Artemis Morris has studied with Randine Lewis and many experts in Acupuncture and TCM for fertility. She is dedicated to helping women reach their goals while improving their health and wellness using naturopathic medicine, Acupuncture, and herbal medicine. Dr. Artemis specializes in helping women achieve optimal health and wellness at any age. She provides individualized clinical nutrition, expert personalized supplement advice, stress management counseling, acupuncture, Craniosacral therapy, homeopathy, and flower essence therapy or a combination thereof to treat the totality of the symptoms and needs of each precious woman. Thermography. Thermography is as accurate as mammography at 90% and ALL women can benefit from testing. It is more accurate in younger women (30-50) with dense breast tissue, overweight women, and women with fibrocystic breasts or breast implants. It also evaluates all areas of the breasts and regional lymph nodes, whereas mammography misses portions of the breast tissue. Approximately 1/3 of all breast cancers occur in women under 45, where mammography is not recommended. Conditions that can be addressed: Menopause symptoms (hot flashes, night sweats, dizziness, insomnia, muscle aches) Fertility and family planning Menstrual irregularity Polycystic Ovary Syndrome and metabolic syndrome Chronic Vaginal yeast infections Bacterial vaginosis and dysbiosis Cervical dysplasia Uterine fibroids Vaginitis PMS Menstrual cramps Fibrocystic breast disease Interstitial Cystitis Chronic Urinary Tract Infections (UTI)."

h) from drartemis.com/integrative-medicine-and-holistic-healing/facial-rejuvenation:

"Facial Rejuvenation. Are you holding too much tension in your face? Are you looking for a natural, holistic way to look and feel younger and more vibrant without the serious risks of toxin injections & cosmetic procedures? Cosmetic Acupuncture is a natural alternative to botox and face-lift procedures. What is Facial Rejuvenation / Cosmetic Acupuncture? Cosmetic Acupuncture The art of using acupuncture to improve the skin and reverse the aging process dates back to the early Western Zhou period in China (1121-770 BC), thousands of years ago and was common practice in ancient Japanese & Chinese medicine. Facial Rejuvenation Acupuncture was developed by the well-known Acupuncturists to the stars, Virginia Doran decades ago based on these ancient secrets and modern research. Facial rejuvenation acupuncture involves inserting hair-thin, sterile, disposable needles into particular areas of the face and body to stimulate our body's own collagen production, local circulation, and complex physiological system. High grade aromatherapy oils and facial massage is combined with the acupuncture treatments. While Facial Rejuvenation Acupuncture improves the vitality of the skin and face, it can also address the underlying issues and imbalances that contribute to the aging process. BENEFITS OF FACIAL REJUVENATION / COSMETIC

ACUPUNCTURE Improves muscle tone & dermal contraction Increases collagen production & effects dispersal Promotes skin rejuvenation via increase facial circulation Helps eliminate and reduce bags under the eyes Decreases the tendency towards sagging and jowls Helps to eliminate puffiness by improving metabolism and thus eliminating excess fluids Helps to eliminate fine lines of the face and has a diminishing effect on larger wrinkles Improves hormonal balance and hormone-based skin conditions Balances sebaceous secretions to treat dry skin and oily skin/acne Improves facial color by the increase of peripheral circulation Reduces or eliminates double chins Tightens the pores Brightens the eyes Helps to lift drooping eyelids Promotes overall health and wellbeing Reduces stress evident in the face Brings out a person's innate beauty and radiance Slows the aging process, from within Delays hair turning grey & the loss of hair associated with aging Benefits the eyes, ears, sinuses, thyroid & brains and eases TMJ problems. CONTRAINDICATIONS: High blood pressure Bleeding problems Migraine Headaches (Can resolve with regular Acupuncture treatments) Uncontrolled Diabetes Cancer, AIDS, acute Hepatitis, and coronary artery disease & other serious health conditions. Seizures & epilepsy Not administered during: Flus & colds, Acute herpes outbreaks, Acute allergic reactions, & sunburn. HOW MANY TREATMENTS ARE RECOMMENDED? In general for optimal benefits that can last 5-10 years, 12 sessions are recommended weekly or biweekly, followed by maintenance sessions. How do I maintain the benefits of facial rejuvenation acupuncture? Maintenance treatments are recommended monthly or seasonally. WHAT IS INCLUDED IN THE TREATMENT? Our certified facial rejuvenation acupuncturists are also Naturopathic Physicians, therefore, you will get the additional benefit of discussing optimal clinical nutrition, lifestyle, and targeted dietary supplements regimes that are customized to your needs during your facial rejuvenation sessions. Each one hour session includes facial rejuvenation acupuncture and facial massage with aromatherapy, and may include general naturopathic medical advice. Additional visits may be required with Naturopathic Medicine or Constitutional Acupuncture to address complex needs. Not covered by insurance."

i) from drartemis.com/nutritional-supplements:

"Order Nutritional Supplements Order Xymogen Order Xymogen through WholeScripts WholeScripts Learn more about Xymogen Other Nutritional Supplements Fullscript Order Fullscripts Bioimmersion Order BioImmersion Metagenics Order Metagenics Wellevate Order Wellevate Why get your nutritional supplements from your Naturopath's office? Quality of Ingredients, Efficacy, Safety, and much more. Learn why your Naturopathic Doctor is your best source for nutritional supplements. Nutritional Supplement Counseling How nutritional supplement counseling can help you find the best nutritional supplement plan for your healthcare needs."

j) from drartemis.com/wp-content/uploads/2020/09/treatment-plan_naturopathic-doctors-guide.pdf:

"Copyright protected 2020. Excerpt on Natural Supplement Plan from A Naturopathic Doctor's Guide to Wellness for Immune Support by Dr. Artemis Morris.

NATURAL SUPPLEMENT PLAN “It is far more important to know what person the disease has than what disease the person has.” - Hippocrates To support your vital force and immune system optimizing and personalizing nutrition and lifestyle habits are essential. Moving up the therapeutic order, making sure you are not deficient and are optimizing your nutrient status also influences your nutrigenomic, epigenetics, and risk of disease. In this next section you will receive a general foundational plan for using nutritional supplements to prevent disease and manage it naturally. Ideally, in recommending a treatment plan that includes high quality, personalized nutritional supplements, I am spending at least thirty to seventy-five minutes going over medical history, family history, medications, supplements, and Copyright protected 2020 investigating causal factors to determine a personalized treatment plan for my patients; however, these-are-not-usual-times. While in quarantine, I am doing phone-consults and telemedicine at Artemis Wellness Center to help patients on an individualized basis. Quality is as important, if not more important, than quantity, when it comes to food and to nutritional supplements. The links I share for supplements and that are on my website are trusted sites that are direct from the manufacturers. Besides physician-grade quality, 3rd party-testing, and sustainability, I choose nutritional supplement companies based on their integrity and dedication to natural healing. Anything you are buying online or from large conglomerates, such as, Amazon and online vitamin stores may not have quality ingredients and can be more marketing than medicine. • Who are you supporting with your supplement choices? • Do you know what you are buying? • What is the therapeutic dose for you? • Is there any science behind it? • Who is recommending it? • What are their credentials? • What is the purity? • Interactions with medication? • Is it right for you? Copyright protected 2020 All of these answers are unclear if you are not using a professional recommendation or way of ordering supplements that is recommended by a licensed and credentialed naturopathic physician or integrative practitioner. I can’t guarantee that this general plan is right for you, but it is a plan that is simple, easy, accessible, follows principles of “do no harm,” and provides your body with the foundational nutrients for healing and cofactors for epigenetic support from companies I have grown to know and trust over my twenty years of medical practice. Our immune system functions at its best when we give it the building blocks for healing, such as the right food and optimal amounts of nutrients. This fundamental, science-supported plan will give you, and your immune system, a good foundation in addition to a healthy diet and lifestyle. If you want to save time and money on the right natural plan for you, make an appointment for a personalized consult; however, if you are not able, the next best thing is to follow and enjoy the benefits of the plan below. Stay tuned for updates to this section because the clinical trials and research on Vitamins, minerals, and nutritional supplements for COVID-19 are continually evolving. The nutritional supplements recommended in this plan are for general health and optimizing your immune system response by preventing nutrient deficiencies, rather than treat any specific medical conditions. Copyright protected 2020 Basic rules for taking nutritional supplements: Get the best quality as recommended by your Naturopathic Doctor or integrative practitioner. Get a personalized recommendation that takes into account biochemical individuality and interactions with medications. Address nutrient deficiencies to help your body and its vital force do what nature intended it

to do, get well. Use high doses of nutrients under supervision. Consult with your Naturopathic Doctor, Functional Medicine, or Integrative Practitioner for specific herb and supplement recommendations. This section is not intended to treat and does not constitute specific medical advice that supersedes your medical plan or doctor's advice. To make an appointment for specific recommendations that take into account your specific needs, medication interactions and optimal nutrient needs, contact Dr. Artemis Morris at schedule at https://drartemis.com. Copyright protected 2020 NATURAL PHARMACY NATURAL SUPPLEMENT PLAN The Foundational 4 Nutritional Supplements for Immune Health: There are four nutritional supplements that are on my essential foundational plan for my patients to optimize their immune health. Getting a specific recommendation and an execeptional quality is also essential to making sure that they are right for you and won't be a waste of money. I provide specific brands and links that I use in my practice, however, you can consult with your naturopathic doctor, functional medicine or integrative practitioner to get more specific recommendations. The foundational four nutritional supplements are a physican-quality Multivitamin, Essential Fatty Acids, optimal levels of Vitamin D, and a personalized probiotic. See video of Dr. Artemis Morris discussing the Foundational Four on CBS news. https://www.wfsb.com/interview-boosting-the-immune-system-throughvitamins/video_8ddc99be-1351-593b-8817-f08eadfca497.html 1. Multivitamins. Copyright protected 2020 Choosing the right multivitamin makes a big difference in terms of whether or not it will support your immune system and general health. There are many studies showing multivitamins don't make a difference in health if they are from over-the-counter (OTC) brands with low levels of nutrients that may have "other ingredients" that raise your cholesterol or are contaminated with heavy metals. A meta-analysis of clinical research by Drs. Long and Benton in Psychosomatic Medicine found that only daily multivitamins containing higher levels of B vitamins daily for 4-12 weeks modestly reduces perceived stress and subclinical anxiety in healthy adults compared to placebo. A research article by Dr. Bendich in 2001 called Micronutrients in Women's Health and Immune Function sponsored by a drug company nonetheless, found that "Multivitamins have been shown to enhance many aspects of immune response, and antioxidant micronutrients consistently have been found to enhance lymphocyte-proliferative responses and skin-test responses, especially in the elderly" (Nutrition 2001;17:858 – 867). The merit of a multivitamin rests on its quality, dosages and forms of nutrients, absorption, and personalization to your needs. A general, high-quality multivitamin will ensure that you are not suffering from any nutrient deficiencies that can compromise your immune function and epigenetics, that you are getting optimal levels of nutrients needed to replace the nutrients in our soil, and getting Copyright protected 2020 optimal levels of nutrients to deal with stress, which in and of itself can affect immune function. Multivitamins specific to your nutrient, biochemical, genetic (MTHFR etc.), medical condition and stage of life needs in a form that you can absorb. A multivitamin without iron because unless you are known to be anemia or need extra iron in pregnancy, too much iron is not good for your heart and iron is used by viruses and bacteria to replicate. There is a drug trial application out of Iran to use an iron chelator, a drug that gets rid of iron in the body, to treat COVID-19. These multivitamins have optimal amounts of immune

supportive vitamins and minerals, such as, B vitamins, Vitamin A (beta-carotene), Vitamin E, Vitamin C, magnesium, selenium and zinc. Here are some of my multivitamin general favorites: • Plant-based multivitamins without iron, https://amorris.metagenics.com/phytomulti • Women's multivitamins with fish oils https://amorris.metagenics.com/wellness-essentials-women • Prenatal multivitamins with fish oil for pregnant mamas. https://amorris.metagenics.com/plusone_daily_prenatal_packs • Men's multivitamins https://amorris.metagenics.com/wellness-essentialsmen-s-vitality Copyright protected 2020 • Active nutrients without copper and iron http://www.wholescripts.com/register/bewell-morris. • More options can be found under favorites at: https://us.fullscript.com/welcome/drartemis https://drartemis.com/nutritional-supplements/ 2. Essential Fatty Acids (EFAs). Omega 3 fatty acids (EPA and DHA) found in purest form in wild caught fish (salmon, sardines, halibut, mackerel), nuts (walnuts, chia and flax seeds), algae, and some greens (purslane) are required by all of the cells of our body and especially our heart, brain, skin, metabolism, endocrine system, and immune system. In fact, high levels of omega 3 fatty acids in a blood test I use in my office, which is part of a brain health program, were found to reduce the risk of all-cause mortality by 50 percent. People with high blood pressure, heart and cardiovascular disease, and diabetes are especially at risk with COVID-19 and thus they require optimal levels of Essential (omega 3) fatty acids. Omega 3 fatty acids also help with moods and depression because the good fats are needed to allow your neurotransmitters to work their best. A study by Zhazeri, S and colleagues in 2008 in Australia and New Zealand found taking 1000 mg of omega 3 fatty acids to be just as effective as 20 mg of the antidepressant drug Prozac in a clinical study. Copyright protected 2020 Dr. Mahmoud Abulmeaty, at King Saud University, is conducting a clinical trial to address the immune system, inflammation, and cytokine storm component of COVID-19 using an essential fatty acid blend of fish oils, protein, and other nutrients that are found in a combination of fish oils and good quality multivitamin. "Using specific nutrients such as n3-fatty acids and antioxidant vitamins in extraordinary doses modulate the host immune response and ameliorate the cytokine storm associated with viral diseases such as COVID-19." The composition of the immunonutrition product being studied includes: protein, 1.1 g EPA, 450 mg DHA, 950 mg GLA, 2840 IU vitamin A as 1.2 mg β-carotene, 205 mg Vitamin C, 75 IU vitamin E, 18 microgramsugh Selenium, and 5.7 mg Zinc. Check for interactions of essential fatty acids with blood thinners, but many of these are theoretical and may require monitoring by your physician. Make sure to always refrigerate your essential fatty acids and ideally take them with food, since they are made from food. These are some of my favorite essential fatty acid supplements: Fish oils with a great balance of EPA/DHA for overall health: • Monopure 1300- a predigested form of omega 3s that was found to be 3 times more absorbable that the typical fish oil. http://www.wholescripts.com/register/bewell-morris Copyright protected 2020 • Omega 3s& 6s https://amorris.metagenics.com/omegagenics-epa-dha-720 • More options can be found at: https://drartemis.com/nutritionalsupplements/ PS. There is not enough evidence to recommend Krill oil as a sustainable and effective supplement for EFAs, and besides, what will the whales eat? Vegan? No problem. It is difficult to get high

doses of EPA from vegan sources, but if you are genetically well equipped, you can get a decent basic preventative dose of DHA & EPA from algae. There is a small amount of omega 3 fatty acids in purslane, as well, a wild weed that is part of the traditional Mediterranean diet. • Vegan omega 3 fatty acids derived from algae: https://amorris.metagenics.com/omegagenics-epa-dha-300-algae • More fish and vegan options can be found at: https://us.fullscript.com/welcome/drartemis and https://drartemis.com/nutritionalsupplements/ 3. Vitamin D3. To find out how much Vitamin D3 you specifically need, get your blood tested to find out your levels of 25-hydroxyvitamin D. Optimal dosage of Copyright protected 2020 Vitamin D3 needed through supplementation takes into account ethnicity, liver and kidney function, genetics, and individual needs, in addition to test values. Taking high doses of Vitamin D will increase your needs for other vitamins and minerals that work support Vitamin D metabolism, such as other fat soluble vitamins, calcium, and magnesium. The best sources of Vitamin D are sunlight, liver, some mushrooms, and egg yolks but a supplement works just fine especially when taken in combination with your essential fatty acid, extra virgin olive oil, or a high fat meal. There are clinical trials showing that having optimal levels of Vitamin D may help your immune system respond to some viral and bacterial respiratory pathogens, enhance cellular innate immunity by inducing antimicrobial peptides and defensins, and reduce proinflammatory cytokines. Studies on Vitamin D in children have found them to be protective for preventing respiratory illness and boosting the immune system. There are clinical trials underway using varying doses of Vitamin D for COVID-19. In general, the Institute of Medicine (IOM) recommends at least 10 mcg (400IU) of Vitamin D daily for most to prevent rickets, however, most people may need at least 50 mcg (2000IU) to 125 mcg (5000IU) for optimal immune support. Vitamin D is needed to unlock the cellular potential of your cells. The other fat-soluble vitamins include, Vitamin E, A, and K. A combination of Vitamin D3 with K2 has been found to be especially protective to the heart. Copyright protected 2020 There is a clinical trial on using high dose Vitamin D (25,000IU for one dose with olive oil and toast) to boost immune power against COVID-19 by Manuel Castillo Garzon at the University of Granada in Spain. The study states, “Vitamin D is a hormone precursor produced by our own body with the help of sunlight which has an important role on adaptive immunity and cellular differentiation, maturation and proliferation of several immune cells. Reduced levels of vitamin D in calves were positioned as the main cause of bovine coronavirus infection in the past. Therefore, it seems plausible that the use of vitamin D as a nutritional ergogenic aid could be a potential intervention to fight against COVID-19 infected patients which remain asymptomatic or which have non-severe and severe symptoms. This study aims to investigate whether the use of vitamin D as an immune modulator agent induces significant improvements of health status and outcomes in non-severe symptomatic patients infected with COVID-19 as well as preventing COVID-19 health deterioration. We hypothesize that vitamin D will significantly improve hard endpoints related to COVID-19 deleterious consequences compared with a usual care control group.” https://www.cebm.net/covid-19/vitamin-d-a-rapid-review-of-the-evidencefor-treatment-or-prevention-in-covid-19/
https://www.researchsquare.com/article/rs-21211/v1
https://www.sciencedaily.com/releases/2020/05/200507131012.htm Copyright

protected 2020 Daily doses of Vitamin D (rather than a huge dose at once) will help your liver to process this fat-soluble vitamin that is stored in the liver along with Vitamin A, E, and K for prevention. • Vitamin D drops. 2 drops a day to get to 2000IU a day. https://amorris.metagenics.com/d3-liquid • Vitamin D for kids. 1 drop a day. https://amorris.metagenics.com/metakidsd3-liquid • K2 D3 5000. 1 every other day or every day depending on your needs and liver function. https://www.xymogen.com/assets/imageDisplay.ashx?productID=957&attachmentTypeID=1 • Order through: http://www.wholescripts.com/register/bewell-morris. • More options can be found under favorites at: https://us.fullscript.com/welcome/drartemis and https://drartemis.com/nutritional-supplements/ 4. Probiotics: Probiotics are the tiny “good” bacteria and yeast that are the backbone of our immune system and help produce inflammasomes that fight viruses as part of our immune response. Probiotics have also been shown to decrease the viral load during respiratory infections. Probiotics have natural antibiotic, antiviral, Copyright protected 2020 immune supportive, vitamin-making, gut-supportive, and anti-depressant activity. There is a class of probiotics, called psychobiotics, that will help you with anxiety and depression by helping you make the mood-balancing neurotransmitters (serotonin) and communicating through your vagus nerve to your brain to help you cope. When our gut is off, our immune system isn’t working at its best and vice versa – this is called the gut-brain connection. Therefore, probiotics are on my essential list of immune-supportive supplements. Probiotics are also the great equalizer when it comes to the hygiene hypothesis that showed that growing up on a farm amongst the dirt, teeming with microbes, was protective for allergies and autoimmune disorders. The best way to get probiotics and prebiotics is through your diet. Prebiotics are the precursors that help you make probiotics. Foods high in probiotics and probiotic activity include berries, fresh fruit andvegetables, such as, artichokes, beets, leafy greens and the soil that they are grown in organically or biodynamically, and fermented foods, such as sauerkraut, unpasteurized yogurt, and tempeh. When your diet is lacking or you need extra help to keep your immune system “fighting strong”or help it get back on track after taking antibiotics or medicines that throw it off, taking a probiotic is essential. Copyright protected 2020 make sure to always refrigerate your probiotics and ideally take them with food, since they are made from food. • Broad spectrum probiotic for immune health. One a day with food. https://amorris.metagenics.com/ultraflora-spectrum • Probiomax complete DF. 1 a day. https://www.xymogen.com/formulas/products/946 • Order through: http://www.wholescripts.com/register/bewell-morris. • More options can be found under favorites at: https://us.fullscript.com/welcome/drartemis and https://drartemis.com/nutritional-supplements/ EASY CLICK BUNDLES ON THE FOUNDATIONAL FOUR Bundles on my Foundational Four: https://amorris.metagenics.com/item/bundr1afeszi/foundational-four/1.html Mepacks of the Foundational Four created for you through a consult: https://www.wholescripts.com Many of the supplements listed may be out of stock, in which case, contact my office for alternatives and updates. https://drartemis.com Copyright protected 2020 NATURAL PHARMACY Supplemental Immune Support: In addition to the foundational essential supplements to help your body function at its best, I have included a section on specific nutrients that you may have heard about

in the media that have been used by intergrative practitioners to optimize immune function. There has been much misinformation in thge media surrounding the scientific evidence of these supplements. Part of the confusion is that it is difficult to generalize how much of these nutrients and what form is right for everyone. Based on Naturopathic principles, individualizing recommendations is always to safest and most effective way to know what you need. I provide specific brands and links that I use in my practice, however, you can consult with your naturopathic doctor, functional medicine or integrative practitioner to get more specific recommendations. My top three evidence-based immune support nutrients include, Vitamin C, zinc, and Vitamin A. 1. Vitamin C. Copyright protected 2020 Vitamin C is a potent antioxidant that has been shown to decrease freeradical damage and resolve viral infections when given acutely in large amounts. When I was in medical school, iv nutrients, like Vitamin C (Myers cocktails) were part of our immune support program for chronic disease and have been used safely and effectively in naturopathic medicine for decades. Physicians around the globe are using high dose Vitamin C in combination with Vitamin D to help patients recover from COVID-19 and there are clinical trials underway. How much can you absorb? Daily dose of Vitamin C recommended at 40 -250 mg a day to prevent deficiency. If you get sick, you can increase that dose to at least 2-4 g a day, as long as you don’t have any contraindications. It is difficult for the body to absorb more than 250 mg at a time according to some research; however, if your body needs more Vitamin C as is the case during times of infection or stress, taking a higher dose is the best way to give it what it needs to help fight an infection. A common side effects of taking too much Vitamin C is loose stools, this is what we call in naturopathic medicine, “bowel tolerance.” It is fine to take Vitamin C on a daily basis up to bowel tolerance, i.e., about 500 mg less than what you would need to take to get loose stools. If you have reflux disorder, get buffered Vitamin C so it won’t be too harsh on your stomach. Be careful with too much Vitamin C if you have iron overload. Copyright protected 2020 Options can be found under Vitamin C at https://us.fullscript.com/welcome/drartemis and other sites under supplements at https://drartemis.com/nutritionalsupplements/. 2. Zinc. Zinc deficiency results in dysfunction of both arms of the immune system and increases susceptibility to infectious diseases. Having enough Zinc in your body has also been found to decrease viral replication. Zinc deficiency in children has been found to decrease their risk of fatal respiratory infections. The combination of Zinc and pyrithione at low concentrations was found to inhibit the replication of SARS coronavirus (SARS-CoV). https://www.uchealth.org/today/zinc-could-help-diminish-extent-of-covid-19/. Foods high in zinc include: meat, shellfish (oysters, crab), legumes (chickpeas, lentils, tofu, beans), seeds (hemp, squash, pumpkin, pine nuts, sunflower seeds), nuts, dairy (yogurt), eggs, whole grains, shiitake mushrooms. Take extra zinc ONLY if you are deficient or are showing signs of illness, because high zinc levels can deplete your body of other important minerals, like copper. Keep doses below 150 mg a day for adults and don’t use with children unless being supervised by an integrative practitioner. Copyright protected 2020 Some zinc options I use for my patients: • Liquid zinc. 1-2 teaspoons a day or as directed. https://amorris.metagenics.com/zinc-drink • Zinc lozenges. See favorites, zinc. https://us.fullscript.com/welcome/drartemis We can do an informal test called the

Zinc Tally Test to get a sense of if your are deficient in zinc in office or via zoom. 3. Vitamin A. Vitamin A comes in many forms (retinol, retinal, retinoid acid, and retinyl ester), called retinoids, that are found in high amounts in animal products (liver, meat, eggs, milk, fish). Provitamin A carotenoids can be converted into retinol in smaller amounts and come from vegetarian sources in our diet, such as, grains, oils, colored vegetables like carrots and squash, and fruit. Retinoids, unlike the vegetarian-sourced carotenoids, can be toxic to your liver in high amounts. I include Vitamin A here as a “rescue” nutrient that traditionally is used in high doses at first signs of illness by qualified orthomolecular and integrative physicians. Because of the potential for toxicity, I recommend you eat lots of food Copyright protected 2020 high in the carotenoids, and be monitored by a physician if you choose to use high doses of Vitamin A in combination with Vitamin D for viral infections. EASY CLICK BUNDLES ON SUPPLEMENTAL IMMUNE SUPPORT Bundles on my Supplemental Immune Support: https://amorris.metagenics.com/item/bunddpehsosf/supplemental-immune-support/1.html Mepacks of Supplemental Immune Support created for you through a consult: https://www.wholescripts.com Copyright protected 2020 NATURAL PHARMACY Higher Force Immune Support “Extreme remedies are very appropriate for extreme diseases.” -Hippocrates In this section, I share higher force on the therapeutic order immune support products that are best used under the guidance of an integrative practitioner. Herbs and nutrients in higher doses or in combinations may interact with medication and are best used as needed, rather than daily, similar to the way pharmaceutical drugs are prescribed. Nutrients are vitamins, minerals, and cofactors that influence all our physiological mechanisms and immune system. Having nutrient deficiencies, like what we saw with the research on Vitamin D, can increase your risk of infection and illness. Research on this subject falls under the headings of nutrigenomics, orthomolecular research, and epigenetics. etc.. In addition to nutrients, herbs and the field of herbal medicine has much to contribute to health Copyright protected 2020 and wellness. Herbal medicine is the earlies form of medicine and has been used since the dawn of mankind. A combination of nutrietns and herbs may be used for immune support. I provide specific brands and links that I use in my practice and continually update and research, however, you can consult with your naturopathic doctor, functional medicine or integrative practitioner to get more specific recommendations. Higher force immune support products: Theses products are not intended to treat any specific disease, however, they combine some of my favorite immune support herbs and nutrients and have helped many of my patients get well and stay well through immune challenges. • Immuncore, a combination of vitamins, minerals, and immune supportive mushroom extracts. A new immune support forumla is underway from this company that I will also keep you posted on. https://amorris.metagenics.com/immucore • Immune Active and other higher force immune support products can be explored here. https://amorris.metagenics.com/item/bundyqdjqsph/higher-force-immunesupport/1.html • Viragraphis. http://www.wholescripts.com/register/bewell-morris • NAC. NAC is a natural mucolytic and has been shown in animal studies to reduce the risk of mortality from viral infections by 50 percent. Take 1 twice a day if you have phlegm. This natural amino acid supplement is used as a Copyright protected 2020

pharmaceutical drug in Europe. https://www.wholescripts.com/register/bewellmorris • Chinese herbal medicines: yin qiao, chuan xin lian, and more. Go see a licensed acupuncturist or Chinese herbalist for specific advice. • You can check out my additional immune support favorites at: https://us.fullscript.com/welcome/drartemis EASY CLICK BUNDLES ON HIGHER FORCE IMMUNE SUPPORT Bundles on my Higher Force Immune Support: https://amorris.metagenics.com/item/bundyqdjqsph/higher-force-immune-support/1.html Mepacks of Higher Force Immune Support created for you through a consult: https://www.wholescripts.com Many of the supplements may be out of stock, in which case, you can contact my office or get access at my or other physicians' quality sites. A consult will make sure that you are not taking something that interacts with your medication and that is right for you. For more information on supplements, you can also explore my favorites in my virtual dispensary for patients at https://us.fullscript.com/welcome/drartemis and Copyright protected 2020 https://drartemis.com/nutritional-supplements/ Getting the right supplements takes time and expertise; so if you are unsure what to do and want to be safe, make an appointment for a phone/ telemedicine consult for specific recommendations at https://www.artemiswellnesscenter.com/take-action. I am offering 30-minute nutritional supplement reviews as an alternative to my 75-minute comprehensive visit during the pandemic while I am home in quarantine with the kids. Copyright protected 2020 NATURAL PHARMACY Chinese and Traditional Herbal Medicine Some herbs have been found to have strong antiviral properties, protect your immune system, and can help with the dysregulation of the immune system, called cytokine storm. Much research on herbal medicine has been on viruses similar to COVID-19, namely SARS and MERS. All the SARS viruses, including COVID-19 infect us by attaching to our cells through the ACE-2 enzyme receptor. Some herbs may be useful in COVID-19 by supporting the immune system, decreasing the risk of cytokine storm, or working on the ACE2 receptor to help with prevention and treatment of COVID-19. The World Health Organization has clinical studies underway investigating herbal medicines for COVID-19. Some herbs that have antiviral properties and support the immune system. Herbs with antiviral properties that have been specifically studies for coronaviruses include, licorice root, elderberry, Japanese knotweed (growing wild across the US right now), cinnamon, cordyceps (a weird fungi), Chinese skullcap root, andrographis paniculata, astragalus, boneset, artemisia annua (also used for malaria worldwide), some species of sage (miltiorrhiza), honeysuckle, and boneset. Make sure you know which herb you are using and what dosage is right for you by consulting with an intergrative practitioner or herbalist. Licorice root , when taken in high amounts, may affect blood pressure. Many of these herbs are included in Copyright protected 2020 my immune support favorites I list under https://us.fullscript.com/welcome/drartemis. China's State Administration of Traditional Chinese Medicine (TCM) found that a traditional Chinese herbal formula called Qing Fei Pai Du Tang was 90 percent effective in treating patients with COVID-19 in their hospitals. This formula contains two ingredients that are banned in the US, namely ma huang (ephedra) and xi xin (chinese wild ginger root) and a version of apricot seeds (ku xing ren) that was banned because it was touted as cancer treatment. Chinese herbal formulas and Chinese medicine follows specific principles in treating a patients pattern of illness, not a western diagnoses and thus should be used only when prescribed by a

licensed acupuncturist or herbalist treating on an individual basis. Using herbs incorrectly can be dangerous and result in them being restriced for use in practitioners that know how to use and recommend them safely, as was the case with ma huang, which is an essential part of this life saving formula."

k) from drartemis.com/nutritional-supplements/bioimmersion-therapeutic-foods-supplements:

"BioImmersion Therapeutic Foods Supplements THERAPEUTIC FOODS SUPPLEMENTS: SCIENCE, INTELLIGENCE, AND POWER BioImmersion Therapeutic Food Supplements are founded upon the principle that as our environment becomes more toxic and life spins faster, our bodies require powerful and diverse high active nutrients. Plant-based foods that are formulated intelligently and farmed ecologically to deeply nourish and combat the growing multi-factorial assault on our bodies. The field of nutritional supplementation is creative and exciting, but trustworthy only when it is combined with sound scientific findings. Innovation, along with concrete research and clinical experience is essential. BioImmersion Inc. has formulated an innovative and exceptionally potent eco-farmed and wild crafted plant-based food supplements, along with activated probiotic formulas that boast an advanced scientific research on the next generation probiotics. Their patented, vital nutriceuticals offer a superb bioavailability of vitamins and minerals. This range is the culmination of 30 years of research and experience in the nutriceutical arena. GET A DISCOUNT WHEN YOU PURCHASE BIOIMMERSION PRODUCTS AT ARTEMIS WELLNESS CENTER Explore BioImmersion Product Line Here bioImmersion."

l) from drartemis.com/about:

"About Dr. Artemis Morris, N.D., L.Ac. Compassionate Care. "My integrative treatment plans combine the best of modern medicine, clinical nutrition, acupuncture, expert advice on herbal medicine and nutritional supplements, and lifestyle to provide guidance unique to you." Dr. Artemis has particular expertise in the following healing modalities: The Mediterranean Diet & Clinical Nutrition Herbal Medicine & Individualized Nutritional Supplement Plans Acupuncture & Eastern Medicine Cranio Sacral Therapy Flower Essence Therapy Dr. Artemis helps people understand how their bodies work so that they can achieve lasting, sustainable health. This approach can save you thousands of dollars each year by limiting unnecessary medical spending and focusing on treating the cause — not just the symptoms — for optimal results and the best in preventative healthcare. Passionate Professional Education and Professional Credentialing Dr. Artemis Morris completed her Naturopathic Doctorate at Bastyr University in Seattle, Washington. Dr. Artemis Morris is licensed and board certified in Naturopathic Medicine. She also has a Masters in Acupuncture from Bastyr University, is a licensed Acupuncturist, and holds a Diploma from the NCCAOM. Author & Researcher Dr. Artemis is devoted to research in natural medicine with a concentration in the traditional Mediterranean Diet and functional food. She conducted a clinical study based on the ethnographic research she did on the traditional Mediterranean Diet of Crete which she began for a doctoral study program through the University of Lancaster, UK. She is working on a book based on the Mediterranean Diet and did a clinical study on its effectiveness

for the prevention of chronic disease. She has lectured on the Mediterranean Diet for Yale University and the American Association of Naturopathic Physicians and enjoys presenting on various health topics. She is a consultant for Mediterranean Living. Dr. Artemis is the coauthor and was technical advisor on the book called The Anti-Inflammation Diet for Dummies for the popular 'for dummies' series. The book teaches how to eat in a way that reduces inflammation, which is the root cause for a number of medical conditions, including heart and cardiovascular disease, diabetes, cancer, autoimmune disorders. Dr. Artemis dedicated the book to her patients for demonstrating to her the most clinically effective way of treating inflammatory disorders naturally. Experienced Clinician and Teacher. Dr. Artemis is the medical director and founder of Artemis Wellness Center, an integrative medical practice in Milford, CT. Dr. Artemis has served as the director of the holistic wellness center at Masonic Healthcare Center, the largest non-profit geriatric center in CT and was the founder and medical director of a multidisciplinary integrative center in New Haven, CT. She taught Traditional Chinese Medicine for a Masters Program at Stamford Hospital and at the Open Center in NY and has taught advanced nutrition at the University of Bridgeport's Naturopathic Medical School. Dr. Artemis is a professor of nutrition for the Masters in Nutrition Program at The University of Bridgeport. She is co-academic director with Dr. Bernie Siegal for the Masters in Integrative Health and Healing Program at The Graduate Institute. She is dedicated to educating her patients, colleagues, and the general public about natural and integrative medicine and creating collaboration in the medical community for optimal healthcare. Her specialties include women's health care (PCOS, Endometriosis, Dysmenorrhea, etc.), fertility, Diabetes, nutrition, autoimmune disorders, and stress management. She was a charter member of the fertile soul work by Randine Lewis, PhD, L.Ac. She supports her patients in their healing process by utilizing a combination of current conventional medical assessment and testing, sophisticated functional medicine and naturopathic clinical assessments, individualized nutrition and nutraceutical plans, Acupuncture, and craniosacral therapy. She believes that everyone can achieve health and wellness and works with her patients to stimulate their vital force and prevent disease using a patient-centered model of healing."

m) from drartemis.com/consultations:

"Consultations at Artemis Wellness Center Want to get started on your path to greater health and wellbeing? Book your Artemis Wellness Center appointment online now. Launch Appointment Scheduler To make an appointment, use the booking link above, or call the office at 203-783-9802 on Monday, Wednesday, or Thursday You can also email us at info@artemiswellnesscenter.com to book your next appointment. Sign up for our newsletter to stay in touch and get updates on resources! Artemis Wellness Center A La Carte Services Naturopathic & Functional Medicine Consults Comprehensive Integrative Wellness Visit $397 — 75 minutes A comprehensive evaluation that goes above and beyond a regular check-up. We review your detailed health history and examine underlying causes of inflammation, nutritional deficiencies, hormones & endocrine system, digestive, immune and cardiovascular health. We also explore the your emotional, mind/body and environmental stressors. Together we develop a personalized nutrition, nutritional

supplement and lifestyle plan to put you on a new trajectory for optimal wellbeing. Includes a physical exam & laboratory work as needed. 75- 90 minutes. Telemedicine or in person. Integrative Care Follow-up $198 — 30 minutes Targeted personalized care where we review the details of your lab results, discuss new concerns, update nutrition and nutritional supplement plans and refine treatment strategies. 30 minutes. Nutritional Counseling $299 — 60 minutes Personalized nutrition plans. An individualized plan is created by our physicians or our functional nutritionist and implemented and refined by our functional nutritionist. Initial visit is 60 minutes. 6 sessions recommended for best results- 45 minute follow up. Telemedicine. $138 follow-up consult Acupuncture, East Asian Medicine, Bodywork Acupuncture & Chinese Medicine $115 — 45-60 minutes As part of one of the oldest complete systems of medicine, acupuncture works by stimulating the circulation, connective tissue, and lymphatic system of the body. Acupuncture releases endorphins (feel good chemicals) in the brain, balances hormones and the immune system, and stimulates pain relieving nerve fibers. 45-60 minutes. Craniosacral Therapy $169 — 30-45 minutes This is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system – comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system. 30-45 minutes. Facial Rejuvenation & Cosmetic Acupuncture $198 — 60 minutes Are you holding too much tension in your face? Are you looking for a natural, holistic way to look and feel younger and more vibrant without the serious risks of toxin injections & cosmetic procedures? Cosmetic Acupuncture is a natural alternative to botox and face-lift procedures. 60 minutes. A series of 12 sessions recommended for optimal results. Add-ons – Free with Membership Acupuncture Add-on Services $25 each Get more from your acupuncture visit by combining your treatment with additional therapeutics including: tuina massage or moxabustion. Cupping Therapy Add-on Service $25 Get more from your acupuncture visit by combining your treatment with the addition of cupping.”

012. NDs Burkman, Congdon, D'Adamo, Deakins, Edgerton, Fasullo, Fioritto, Fortin, Gonzalez, Holland, Pascucci, Tracey, Young Pages at ctnaturalhealth.com

a) from ctnaturalhealth.com/what-is-naturopathic-medicine-2:

“What is Naturopathic Medicine? […] Naturopathic Medicine is a type of health care that joins science based treatments with traditional healing methods…The underlying principle of Naturopathy is that the body has the ability to maintain good health and balance on its own. The practice of Naturopathic Medicine seeks to support this natural ability through the use of numerous modalities including acupuncture and nutritional support. Naturopathic Medicine follows six important principles: The Healing Power of Nature – support the body in its own ability to heal. Identify and Treat the Causes – address the root cause of an issue, not just the symptoms. First Do No Harm – Minimize risk and choose safer therapies. Doctor as Teacher – Help the patient grow to support their own good health. Treat the Whole

Person – A patient should be seen as a whole, without a myopic view of only the presented issue. Prevention – Healthy living is an important part of supporting and maintaining good health. Healthcare Redefined: Collaborative Natural Health Partners is a full service natural health clinic that offers both naturopathic and primary care with locations in Manchester, Glastonbury, Bloomfield, Stonington and Norwalk, CT. Our team of physicians provide a variety of services including acupuncture, Bowen therapy, osteopathic manipulation, sick visits, routine wellness exams and more. We're committed to empowering our patients and helping the community through educational events, talks and podcasts. Become a patient today and see why our unique approach to healthcare is changing the face of medicine."

B) from ctnaturalhealth.com/services/acupuncture:

"Acupuncture and TCM Philosophy. Acupuncture is one of several practices used in Traditional Chinese Medicine (TCM), which utilizes the insertion of thin needles through the skin to stimulate specific points on the body. These points fall along meridians, or paths along which the life energy of "Qi" flows. A major tenant of TCM is that stagnation, or blockage, of blood and Qi causes imbalance that leads to disease. Acupuncture unblocks stagnant meridians, and regulates healthy flow through these channels, thereby stimulating the body's natural healing mechanisms. Because this technique affects the entire body, and not just the precise points stimulated, it can affect multiple organ systems at once, and is used to address countless health concerns. Preparing for Acupuncture. Acupuncture sessions typically last 30 minutes, in order for you to experience the full benefit of treatment in a relaxing setting. It is helpful to eat a small, light meal well in advance of your session, so that you feel satiated and not uncomfortable. Many of the acupuncture points our practitioners access are on the arms and legs, and wearing comfortable, loose-fitting clothing allows for easier access to these areas. During an Acupuncture Session. After a brief consultation to determine the precise points to be used in the session, patients recline comfortably on the treatment table. The practitioner will insert between 5 and 15 pre-sterilized, fine needles, according to your health needs and tolerance. Most patients report a state of deep relaxation during acupuncture treatments, a sensation which can last for hours afterward. Common Conditions. The most common conditions our physicians manage with acupuncture include: Asthma and respiratory disease Sexual dysfunction, menstrual irregularities, and fertility Localized muscular and joint pain Headaches Sleep disorders Anxiety and depression High blood pressure Irritable Bowel Syndrome and other GI conditions Generalized prevention and wellness. Healthcare Redefined: Collaborative Natural Health Partners is a full service natural health clinic that offers both naturopathic and primary care with locations in Manchester, Glastonbury, Bloomfield, Stonington and Norwalk, CT. Our team of physicians provide a variety of services including acupuncture, Bowen therapy, osteopathic manipulation, sick visits, routine wellness exams and more. We're committed to empowering our patients and helping the community through educational events, talks and podcasts. Become a patient today and see why our unique approach to healthcare is changing the face of medicine."

c) from ctnaturalhealth.com/why-i-refer-patients-to-acupuncture-for-treatment/:

“Why I Refer Patients to Acupuncture for Treatment […] As a Naturopathic Physician, I frequently refer patients for acupuncture sessions for a range of reasons some of which might surprise you! I’m grateful to have this ancient form of alternative medicine in my toolkit, as many patients return to share how much their symptoms have improved. Acupuncture, which originates from Traditional Chinese Medicine, involves the insertion of very fine needles at specific points on the body to help balance the body’s energy, or “Qi.” This practice promotes natural healing by improving circulation, reducing inflammation, and encouraging overall wellness. Here are several reasons why I refer patients to acupuncture: Stress Reduction: In today’s world, stress affects nearly everyone, contributing to a wide range of health issues. Acupuncture helps activate the body’s parasympathetic nervous system, which promotes relaxation and lowers stress hormones like cortisol. Many patients report feeling a deep sense of calm and relief after acupuncture, with reduced anxiety and better overall mental clarity. Improved Sleep: For patients struggling with insomnia or poor sleep quality, acupuncture offers a natural alternative to medication. It can help regulate sleep cycles and improve the body’s ability to relax, allowing for deeper, more restful sleep. Many patients find they fall asleep faster and wake up feeling more refreshed after acupuncture sessions. Quality sleep is linked to a myriad of health benefits, it is worth trying acupuncture to see if it helps! Pain Management: Acupuncture is highly effective for both chronic and acute pain. By targeting specific points on the body, it stimulates the release of endorphins, the body’s natural pain relievers. Acupuncture can complement other treatments, such as chiropractic care, physical therapy, massage, or osteopathic manipulation. In my experience, acupuncture enhances the effectiveness of these therapies, helping the results to “stick” and providing longer-lasting relief. Headache Relief: Acupuncture is particularly effective for treating headaches, including tension headaches and migraines. By targeting particular acupuncture points, it can reduce both the frequency and intensity of these painful episodes. It offers patients a medication-free solution for managing headache pain. Menstrual Cycle Regulation: Many women struggle with irregular menstrual cycles or other reproductive health concerns, such as heavy periods or PMS. Acupuncture can help balance hormones and regulate the menstrual cycle. Acupuncture in addition to addressing lifestyle and hormone imbalances, I’ve seen patients benefit from acupuncture in managing their cycles more effectively and naturally. This benefit often surprises patients, but it works well! If you haven’t tried acupuncture yet, I highly recommend giving it a go! It offers numerous health benefits and serves as a safe, medication-free alternative to support your well-being.”

d) from ctnaturalhealth.com/evidence-based-support-for-craniosacral-osteopathic-therapy:

“Evidence based support for Craniosacral/Osteopathic Therapy […] CST or craniosacral therapy is a form of osteopathic manipulation developed by osteopathic physician, John Upledger. CST has shown to be beneficial for a variety of ailments must notably, muscular aches and pains, headaches and anxiety. CST is a form of gentle healing touch designed to bring equilibrium to the craniosacral rhythm pulsing throughout our bodies. The craniosacral rhythm refers to the filling

and emptying of the cerebrospinal fluid that encompasses our brain and spinal cord. This pulse is detected by a CST therapist and can also be observed through magnetic resonance imaging. Restoring a disrupted craniosacral rhythm can cause an overstimulated nervous system to relax while concurrently releasing fascial restrictions that were contributing to pain. It has been hypothesized that the cranial bones will fuse around the second year of life. However, Dr. Upledger led research between 1975 and 1983 to demonstrate these bones in our skull we believed to be fused and static actually have more motion than previously thought. He and his team worked on cadavers to disprove calcification of sutures in the skull. What they found was surprising. The cadavers' cranial joints actually contained collagen, elastic fibers, arteries, capillaries, veins, nerves and neuroreceptors[1]. While this disproved calcification of the joint sutures it did not yet prove that the cranial bones can move independently from one another due to the pulsing cerebrospinal fluid CST therapists call the craniosacral rhythm. In an effort to prove his theories on this, Dr. Upledger and his team worked on live monkeys where they were able to track parietal bone movements using antennas cemented to their cranial bones (the monkeys were anesthetized for the surgery and pain-free throughout the experiment). They discovered the parietal bones could move, independent of each other, at about 12 cycles per minute. This motion was stopped as soon as Dr. Upledger placed his fingertip on the monkey's coccyx.[1] This further supported his craniosacral theory on how the hydraulic force of the cerebrospinal fluid pulsing through the brain and spinal cord's membranes affecting the myofascial network could be influenced by external pressure. Although much of CST's efficacy is anecdotal and clinically observed, there are studies that affirm the effectiveness of this healing modality. A blind randomized sham-controlled trial was performed to assess the efficacy of CST. Fifty four patients were divided into two groups; a CST group or a sham-light touch group. They were assessed before treatment and after 8 weeks and again 3 months later. Researchers primarily assessed pain intensity during these checkpoints and pressure pain sensitivity, functional disability, quality of life, well being, anxiety, depression and stress perception, secondarily. The results showed significant improvements in both pain intensity and quality of life for the CST group after 3 months of treatment.[2] A meta-analysis on the effectiveness of CST on patients with chronic pain was performed which included 10 different randomized controlled trials with 681 participants. Effectiveness was based on improvements in pain intensity primarily, and in mood and overall quality of life, secondarily. The study concluded that patients' administered CST versus sham-touch therapy experienced greater pain relief and improved quality of life that lasted 6 months.[3] A CST appointment is similar to a massage but the patient remains fully dressed and typically lasts between 15-30 minutes. The practitioner will assess different 'listening stations' or areas where the craniosacral rhythm may be felt by placing their hands and feeling for the pulse. The practitioner works their way around the body and ultimately places most of their attention on or around the head with a variety of holding positions. The practitioner spends time with each hold until they feel a release from the patient before moving on the next. Most patients get the most relief from CST with regular weekly or biweekly sessions. References: CranioSacral Therapy and Scientific Research, Part I by Dr. John Upledger D.O, OMM PMID 26340656 PMID: 31892357"

e) from ctnaturalhealth.com/functional-medicine-in-the-news:

“Functional Medicine in the News […] Recently, JAMA (The Journal of the American Medical Association) published the first ever study looking at the effectiveness of a functional medicine clinic 1 – and it was positive. This is not surprising, however it is very exciting to have a powerful journal endorse natural preventative healthcare. At Collaborative Natural Health Partners, we practice science-based, clinically validated medicine. In the last decade there has been a surge of new research pertaining to natural agents. To name a small fraction of examples- Echinacea vs Tamiflu 2, Elderberry as an anti-influenza 3, Turmeric for anti-inflammatory effects in Osteoathritis 4, Omega 3’s for reducing triglycerides 5, lavender extract comparable to pharmaceutical anxiolytic Paxil 6, etc. We at CNHP see natural medicine aid the preventative healthcare system day after day. The study in JAMA found that patients being seen at a functional medicine clinic had more significant and sustainable improvements in Quality of Life (QoL) than patients seen at nearby conventional family medicine practices. Functional medicine is a relatively new term describing essentially what a Naturopathic doctor does. Learn more about Functional Medicine here: https://www.ifm.org/functional-medicine/what-is-functional-medicine/ . Learn more about Naturopathic medicine here: https://www.naturopathic.org/medicine . The purpose of this study was to evaluate functional medicine as a viable option for the looming healthcare concerns. Chronic disease and associated healthcare costs are on the rise, and changes need to be made to buffer the healthcare system in America. In any future healthcare model, preventative medicine needs to be paramount. I believe everyone should have a Naturopathic Doctor on their care team – it’s good for the patient, the climate, and the healthcare system.”

013. ND Russell Pages at ashleyrussellnaturopath.com

a) from ashleyrussellnaturopath.com:

“Litchfield County, CT's #1 Natural Medicine Clinic Schedule a Free 15 Minute Consultation Right Now! Fields marked with an * are required Your Name * Phone Number * Your Email * Which Service or Treatment Are You Looking for? * Why Visit Dr. Ashley Russell N.D.? Completely Personalized, Custom Treatment Plans CT Licensed Naturopathic Physician Serving All of Litchfield County, Connecticut & Surrounding Areas Doctorate in Naturopathic Medicine with Honors in Research as well as a Certificate in Natural Childbirth Fellow of the International Academy of Medical Acupuncture Experience treating complex health conditions Can work in conjunction with your other doctors to optimize your health We Utilize natural medicine instead of pharmaceuticals to address our patient’s health concerns. Participating in Many Different Insurance Plans Some of Our Core Medical Specialties & Services... Naturopathic Medicine Comprehensive Medical Acupuncture Bodywork Massage Treatment Natural Medicine Alternative Medicine Integrative Medicine Herbal Medicine Holistic Medicine Preventative Medicine Functional Lab Testing. Practicing All Phases of Naturopathic, Homeopathic & Alternative Medicine. Alternative Medicine in Litchfield County, CT. The broad range of unorthodox medicine called alternative medicine is considered a pseudo-

medicine, because it is not possible to prove its success. These are often therapies such as herbalism, homeopathy, energy work, chiropractic adjustments, or acupuncture. The type of therapies that some would consider healthy lifestyle choices are more than eating well and exercising. Although not proven, in the traditional medical sense, alternative medicine can help patients function better because pain is reduced. This in turn reduces the need for long-term pain medicines that can have lasted effects. In Connecticut, choosing an alternative route is referred to as integrative or complementary to mainstream medicine. Natural Medicine in Litchfield County, CT. Homeopathic Medicine in Litchfield, CT. Prescription drug addiction has become increasingly alarming in the United States and Connecticut can change this trend by looking at natural medicine to support the body's natural healing process. The demand for natural, non-toxic, non-invasive medicine has introduced the public to the ancient knowledge of botanical healing, energy work, and mediation in additional to many others. The holistic approach to natural healing reduces—eliminates—addiction because patients work with practitioners to heal illness and injuries with nature practices and substances. Naturopathic Medicine in Litchfield County, CT. alternative medicine doctorThe foundation of naturopathic medicine is the understanding of the inherent self-healing process. Addressing the underlying causes of the illness takes into account the whole person–mental, emotional, genetic, environmental and social–needs to be treated. With a focus on prevention, risk factors and interventions are discussed with patients to prevent illness. With a strong spiritual component, the practitioner works with the patient's self-healing process with acknowledgment and respect. Although prevention is a key factor, the CT primary health care professional also optimizes health through scientific, empirical, modern and traditional methods. Homeopathic Medicine in Litchfield County, CT. herbal medicine. This family-based, non-suppressive and non-invasive medicine works with the body's own self-healing mechanisms combating short- and long-term illnesses. With no risk of addiction or drug residue, homeopathic medicine helps you reach and maintain the highest level of health with minimal dependence. The highly diluted remedies from natural sources such as minerals and plants integrating the dichotomy of many plants. Thus, the dilution of the plant extracts rather than ingesting it raw. These ancient plant-based remedies have found a place in alternative healing. These remedies can work in conjunction with conventional medicine and complement alternative healing plans as well. Body Work in Litchfield County, CT. Performing body work massage is not the same as a massage. There is more than one healing modality in bodywork. Being trained in postural analysis, the therapist is trained to see irregularities in movement that the body is manifesting. This is pieced together and integrated into the body work rather than following a systematic pattern of a massage routine. The massage is specific to an area and includes breath work and emotional release creating and interconnectedness with the client. The skilled body worker might suggest multiple visits in a short span to balance an issue. And, your CT therapist can provide daily exercises for problem area healing and maintenance. Our clinic has an array of options for improving your state with different massage techniques for calming, and light pressure and relaxing experience or more of a deep tissue massage to elevate those strained and restricted muscles that are emitting nagging pain. Different strengths to manipulate relaxation effect improved blood flow

loosening the tightness which will restrict the blood moving into the body systems, limiting oxygen, leaving the body to take over its natural healing process to heal itself. We recommend a regularly scheduled massage regimen to our patients, to eliminate the stressors in their body's systems. Our regularly timed massages promote rejuvenation in your body parts. To us, helping every client maintain a pain-free active lifestyle is a single focus. Massage Therapy, at our facility, includes reducing pain from muscular tension and soft tissue imbalance, flexibility, relaxation and proven relief. We acknowledge when one system works well, then other systems or body parts are not impeded from normal function. Increased flexibility, recreation and more. Our restoration massage therapy includes many different types of touch therapies. Our bodywork services are utilized so when we treat a specific issue or area of the body; we adhere to the theory of managing the whole body. We invite you to try body works massage therapy and allow us, to address any issues you may be experiencing in your body. Medical Acupuncture in Litchfield County, CT. As an adaptation of the traditional Chinese technique of acupuncture involving a series of thin needles strategically placed in the body, medical acupuncture uses the medical principals of anatomy, physiology, and pathology. The Western technique stimulates the nervous system and does not rely on the traditional beliefs of balancing the yin and yang. Specific points in the body are stimulated to help ease pain such as chronic back, neck and knee pain. The traditional Chinese points of stimulus are usually the same points used by conventional healthcare practitioners, but the scientific application is not viewed as alternative. Stimulating the nervous system with the proper dosage is seen as a controlled, conventional procedure. Medical acupuncture is the effective modality of treatment in helping with side effects caused by conventional medicines. Fine needles are inserted into anatomical points along the body using therapeutic medical acupuncture. This method is used for the natural treatment of a plethora of medical illnesses and is a complete medical protocol, in itself, to diagnose, treat and prevent disease while significantly improving your general health. This form of natural medicine corrects imbalances of energy in the body. Disease & Conditions We Treat... Acne Allergies/Asthma AIDS and HIV Anemia Anxiety/Depression ADD/ADHD Arthritis-Osteo, Psoriatic, Rheumatoid Autism Autoimmune Disorders Bladder Infections Bronchitis Cancer Treatment Support Candidiasis Carpal Tunnel Syndrome Celiac Disease Cellulite Cervical Dysplasia Chronic Fatigue High Blood Pressure Hives Hormonal Imbalances Hypoglycemia Hypothyroidism/Hyperthyroidism Impotence Infertility Inflammatory Bowel Disease Insomnia Irritable Bowel Syndrome Kidney Stones Lyme Disease Macular Degeneration Menopause Menstrual Problems Migraines Multiple Sclerosis Muscle Pain/Joint Pain Chronic Infections Crohn's Disease Diabetes Mellitus Difficulty Concentrating Digestive Problems Ear Infections Eczema Esophageal Reflux Fibrocystic Breast Disease Fibromyalgia Food Allergies Gall Stones Gout Hashimoto's Disease Headaches Heart Disease Hepatitis Herpes Osteoporosis Polycystic Ovarian Syndrome Pregnancy PMS Prostate Enlargement Psoriasis Rosecea Sciatica/Piriformis Syndrome Sinusitis Sore Throat Sports Injuries Stress Related Illnesses Tinnitus Ulcerative Colitis Weight Gain."

b) from ashleyrussellnaturopath.com/holistic-medicine:

“Holistic Medicine Treatment in Litchfield, Connecticut. Homeopathic Medicine in Litchfield, CTIn our use of comprehensive medicine regimen, our doctors use many modalities of treatment to heal and keep the body static as a means treating all the person. Using natural medicine in our practice gives the client back proper balance in life when one part is not properly functioning, then other components or systems of the body are not doing their job to maintain optimal health. Our use of alternative medicine comprises a variety of treatment techniques to help our clients manage their well-being and maintain a healthy lifestyle. We look at the client’s lifestyle choices and use education to streamline diet, include exercise and relaxation techniques to keep the client healthy. We approach our medicine as what is more cause of the imbalances in that person’s life would contribute to getting them back to a healthy way of living. Holistic medicine uses an array of choices for client therapy and treatment plans. Truly Personalized Prescriptions. We offer pharmacogenomics in addition to our natural medicinal treatment to implement what is the most potent medicine to benefit the patient’s symptoms and make the attack on the ailment customized for a rapid recovery. These targeted or personalized prescriptions for each patient is our comprehensive approach to bring your body back into balance and address causes of your specific conditions. Our clinic incorporates personalized medicines that closely mimics the patient’s genetic test results. The advantage of gene information with pharmaceutical information (comes from person’s DNA) will provide the most therapeutic benefits and least adverse side effects to the patient. Everyone is different due to your genetics, meaning the genetics can also affect how we respond to most commonly prescribed medications. Pharmacogenomics uses genetic tests to provide the closest matched drug prescriptions and determines the highest quality of treatment to receive the full benefits of the medicine. Comprehensive Health History & Evaluation. Our comprehensive health evaluation gives our medical staff the means to document your medical history, along with a physical examination and patient history. A client’s health history along with an evaluation is the most critical assessment of what plan of care that most identifies the specific needs of a person. Then, we address those needs. We then know what intervention strategy to carry forth to treat the person as well as managing the body, naturally, using the medical history and evaluation. Our doctors acknowledge that “There is not one approach that works for every person.” We know to assess multiple avenues for a personal treatment regimen”. Botanical Medicine. Botanical medicine uses herbs and other plant-based ingredients in our treatment plan. We tailor the form of ingesting the components by the client eating, salves or teas to treat illnesses and to assist bodily functions. There are valued parts of a plant we use for medicinal or therapeutic properties for maintaining health and preventing disease. At Ashokan Natural Medicine, LLC, our botanical remedies are dispensed in the form of extracts, tinctures, capsules, and tablets as well as teas for patient use. Nutritionally, herbs and spices assist with disease prevention are used in our office as one of the best ways to take advantage of their excellent healing restoration. Detoxification from Environmental Toxins. Detoxification from environmental toxins is part of our holistic rehabilitation programs for substance and alcohol abuse focuses on the principles of whole body healing: Organic diet, promote the eating of all-natural meal plans to address any nutritional deficiencies due to addiction and improve the

client’s well-being. Exercising, periods of exercise such as swimming, biking, walking or dancing. Meditation sessions and relaxation therapy, yoga, tai chi, or prayer sessions. Complementary therapy, an introduction to massage therapy or medical acupuncture. Alternative types of effective psychotherapy, this part of program incorporates animal-assisted, art, or music, therapy. Scenic locations, in idyllic places such as mountains, visit the oceanside or listening to the serene sounds of a lake. We create a therapeutic environment in which each patient’s plan of treatment is tailored to their specific needs — by improving the health of the mind, body, and spirit. These methods are highly successful ways of combating any degree of addiction. This approach to the treatment of substance and alcohol abuse is an alternative remedy, is a step away from how substance abuse treatment is approached by standard medical. Our program is a proven fact of implementing various natural healing techniques to remove drug and alcohol toxins from a person’s body with or without the use of medications. Craniosacral Therapy. In this portion of our patient care, we are proud of our accomplishments in the alternative treatment for chronic pain sufferers, emotional trauma, physical disability, pediatric trauma, and emotional stress by our application of this therapy. Our gentle healing modality with the use of very light touch to impact the body’s physical, neurological, and energetic structures. With the use of soft techniques, the body can self-correct cranial tensions to allow even flow of the cerebrospinal fluid in the skull. This hand manipulation causes the proper flow of the craniospinal fluid. Craniosacral therapy works with the practice of “whole person bodywork” — stimulating improvements in the body, mind, and spirit. This therapy is used to treat any age of a patient. Smoking Cessation. Our smoking cessation program uses the application of hypnosis, medical acupuncture, and meditation for relief for those struggling to quit smoking. Hypnosis is known for its ability to change behaviors quickly, and hypnosis is a natural starting point for many smokers trying to stop. Medical acupuncture has a long history in helping to combat addiction and curb cigarette cravings, stops jitters, lessens irritability and restlessness, increases relaxation and helps detoxify the body. Hypnosis and medical acupuncture in combination work well in our plan of treatment. Meditation is becoming used to reduces stress, which often is a trigger for smoking. Meditating promotes the ability to better manage and overcome tension by teaching you to detect and determine what events are happening in your life. Pediatric Medicine & Treatment. All Ages Welcome including Adolescents, children, babies. The goal at Ashokan Natural Medicine, LLC our small patients are significant part of our practice; therefore, we tailor the treatment children with a variety of natural therapies: homeopathy, herbal medicine, naturopathic medicine, and nutrition, and last of all western medicine to work as a team to find the best cure for your children. We often prescribe homeopathic remedies, herbs, natural supplements, and salves. With the integration of other various options including dietary supplements, hypnosis, massage, chiropractic, and medical acupuncture, your child will receive a well-rounded, alternative therapy to restore present health and maintain a healthy life. Women’s Health. Our first step to understanding women’s health needs is to obtain a comprehensive medical history background. The requirements for women’s health of all ages are significantly different in various ways than those of men. A thorough medical assessment is an individual means of personalizing how to assist you in

your quest for righting your present health issues and staying healthy as a lifelong goal. Women's health is an integral part of our practice. Alternative or alternative medicine is utilized to heal the whole person: imbalances which result in our physical, mental, emotional and spiritual body, create disease."

c) from ashleyrussellnaturopath.com/herbal-medicine:

"Herbal Medicine Treatment in Litchfield, Connecticut. herbal medicine Herbal medicines are one type of plant-based dietary supplement taken to improve or preserve one's health. Our use of herbal medicines is naturally occurring, plant-derived substances and a safer means of treating illnesses within one given area of the body or systematically throughout the body. For our clients, we use herbal medicines that are complex mixtures of organic chemicals that may come from any uncooked or teas, supplements, and salves, etc., from a part of a plant. Plant-based medicines treat many conditions and health concerns to adjust your bodily functions back to their normal state. Compounded Medicine. We compound medicine related to each patient's symptoms. The exact strength and dosage form required for our clients is individualized. Working with the patient allows our practitioners to personalize every medication to meet the patient's needs. There is no risk of overdosing under-dosing with compounded medicine. Nutraceuticals. Our nutraceuticals are food containing health-giving additives with additional medicinal benefit; which also protects against illness or disease. These food products have physiological benefits to promote health benefits and fundamental nutritional value considered to control symptoms and prevent damaging processes within your body. With the use of nutraceuticals, there is a promotion of restoration of biological processes and maintain the functions and integrity of your body. Individualized Prescriptions of Herbal Medicine. We combine herbs into powerful healing formulas to comprise the functional medicine needed by our clients. This combining of the correct selection of herbs produces the desired effect for each patient. Our individualized prescriptions of herbal medicine can treat a wide range of symptoms at the same time energizing the body's natural healing of the body. We evaluate each client to diagnose whatever imbalances may be occurring. Then, an individualized prescription of herbs is checked and adjusted at regular visits. Teas or decoctions prepared by cooking the raw herbs allow the most individualized medicine that acts upon the body. If need be, we add to your individualized prescriptions to assist with ultimate effectiveness to correct the body's functions. Acute & Chronic Condition Treatment. In your individualized treatment plan, we evaluate some reasons why your body is imbalanced. We investigate your diet and lifestyle to restore your body to ongoing, lasting health. Then, we devise a treatment plan to treat the client instead of the disease only. We investigate what the acute and chronic illness is and concoct a natural treatment. The next step is to seek the underlying cause of imbalance and provide prevention and treatment using a variety of remedies. We offer natural treatment designed with the individual in mind. Through carefully progressing into each stage of diagnosis, we seek the factors disturbing your standard body functions and eliminate the cause. We consider this system of returning the client to a healthy state as nature's restoration of health. With the intervention of natural medicines, we identify and start reduction

of the causative factors, which disturb function, by creating a more healthy regimen; therefore; assisting in stimulating the body's self-healing mechanisms. Our botanicals are used to support tissue function, repair and restoring structural integrity."

d) from ashleyrussellnaturopath.com/preventative-medicine:

"Preventative Medicine Services in Litchfield, Connecticut. Preventative Medicine in Litchfield County, CT. Preventative medicine allows our clinicians to maintain the client's health, early detection of imbalances and illness before impending disease can occur. We use our preventative care visits with our clients identify signs of impending disorder and help you turn things around to maintain the highest quality of health. We use observation to monitor the conditions that nurture the environment for disease and put into practice a variety of preventative measures to make your body maintain its optimal health. Our use of natural medicine is the preventative steps we take to stop disease or imbalances from taking root. Our recommendation for dietary change and physical activity vastly reduce the risk factors for disease. We direct our clients to correct any adverse behavioral and lifestyle changes that will discourage disease. Our doctors pride themselves in our high-level of preventative medical practices. We are vigilant in our efforts to deter any disorders before they cause permanent damage. Every client's body is self-healing abilities. We promote this self-healing of the body by teaching that what you eat, lack of stressors in your life and loving life aids much with the supplements and other preventative measures we undertake to keep you in the highest state of health. Cardiovascular Screening. Our clinic uses cardiovascular screening to look for the early signs of cardiovascular disease. We can begin a regimen of natural medication, diet modification, physical exercise after testing for cardiovascular disease. Diet and stressors in your life are essential elements to correct. We have herbs are that can provide heart health benefits. We devise techniques to manage stress part of any alternative therapy plan for heart disease. We instruct our clients in the knowledge regarding alternative therapies, dietary interventions, and nutritional supplements. Our clinicians believe in curing the whole person. The emotional state can aid in your recovery from heart disease. We know that inflammation is the primary cause of heart disease. Healing foods will restore your heart back to health. High Blood Pressure. Always eat a diet that is rich in whole grains, fruits, vegetables, which gives the body high amounts of fiber, and low-fat dairy products lower their blood pressure. Our clients are also taught to reduce saturated fat and cholesterol which can lower your blood pressure. Our recommendation is to treat high blood pressure with changes in their lifestyle and natural medications. Guidance for meeting the normal ranges for blood pressure is essential. Nutrients effective in lowering your blood pressure is a part of the client's alternative medical care. Cholesterol Checks. We schedule cholesterol checks and encourage eating a wide variety of healthy foods in their diet lowers the client's cholesterol naturally. A regimen of alternative treatments is part of lowering cholesterol. We offer our clients herbal and nutritional supplements that are beneficial in helping to lower cholesterol. Our clients are taught to maintain good cholesterol levels. Diabetes Assessment. In our diabetes assessment, we test for

diabetes. Our supplements fitted to only that client, diet and meditation is part of our alternative therapy, which also includes other natural remedies to maintain a healthy blood glucose level. We teach that keeping your glucose in normal range prevents damages to the body that elevated blood glucose levels are known to cause. Our diabetes treatment for our clients demonstrates diabetes assessment at regular intervals can be controlled and decreased with the right natural dietary supplements and proper diet management. Minerals in the diet help maintain healthy blood glucose levels. Foods rich in fiber and foods that fight inflammation are what we most recommend to our clients to combat recurring abnormal blood glucose levels. Weight Loss. Our first recommendation is a sensible diet with fruits and vegetables and physical exercise. Our doctors design a diet plan for the individual to lose weight and maintain their weight loss. Our program of a healthy diet and lifestyle changes along with our naturopathic medicine provides natural, safe and effective options which promote permanent weight loss. Our weight loss program encourages the client to achieve and maintain balance in their life to treat what is inhibiting successful weight loss. Another factor for successful weight loss and maintaining your weight loss is behavior modification. Stress Management. Our use of stress management along with our naturopathic medicine tends to help individuals prevent and manage stress and improve overall well-being. Our doctors focus on the client's diet, physical activity and anxiety in their everyday life. Whole foods of fruits and vegetables should contain a significant portion of the client's caloric intake when we are stressed. Also, emphasized to our clients is lifestyle education on proper whole food nutrition, encouraging adequate rest and exercise. A battery of testing is done to rule out underlying disease. We instruct the client in the necessity to maintain positive mind and body techniques to promote a positive mental state. Our herbal and nutritional supplementation treatments are also used to support the nervous system and adrenal glands. In effect, we add the regimen of how to relax the body. Therefore, we believe with these treatments, and the whole person receives treatment. Adrenal Insufficiency Testing. Stress causes adrenal fatigue. These stressors work the adrenal glands over time with low-level activity. Adrenal insufficiency testing shows the practitioner if the hormone levels or normal or abnormal. Further testing for adrenal insufficiency can be in the form of imaging of the glands to determine the average size. We create natural remedies to help alleviate symptoms and build a path towards remission and health. The reason we work hard to get the adrenal glands healthy again because they assist the body in coping with stress. Hypothyroidism Testing. The focus for performing hypothyroidism testing is to check if the thyroid gland is functioning at a low output of hormone levels. We tailor these tests for each client according to their body's requirements. We take functional medicine when examining the thyroid gland natural remedies to assist the mechanisms within the client's body back to heal itself. These procedures allow us to find the root of the problem. Hypothyroidism testing permits us to apply the principles of comprehensive, diagnostic lab tests to look at whole-body systems to determine what insufficient levels of the thyroid is affecting other systems or parts of the client's boy. These systems or components are carefully scrutinized for diagnostic process and in treatment. We acknowledge that iodine is critical for adequate thyroid production. Thyroid imbalance versus iodine levels is determined. We also review the symptoms and bodily function.

Then, the client's treatment is established through all the reviews and determination to create a naturopathic treatment plan with the patient in mind. We then can adequately address it with nutritional healing, that is with produce: Fresh, raw, organic produce heals. Also added to the diet are iodine rich foods for a complete diet. Correction thyroid levels back to normal range protects the body's system from malignant and damaging imbalances. Allergy Testing. Allergy testing is another test, in a battery of tests, along with comprehensive medical and environmental history that gives our doctors a snapshot of normal or abnormal imbalances in areas of a client's body. We know to take the time to get a complete picture of the whole individual and tailor a customized, comprehensive program that combines their allergic issues with their entire set of imbalances and deficiencies with an overall better outlook. In general, successful treatment of a client's allergies removes the adverse conditions of related disorders. Again, testing for allergic reactions is vital in having a good understanding of the patient medical history to help with diagnosis and treatment, enabling the doctor to find the root of the cause of their allergic reaction. The alternative approach, right treatment plan, managing and educating our clients about allergic problems lead to successful recovery. Through testing, the client can avoid the food, animal or unnatural irritant that causes the flare-ups. Always treated with alternative medicine, the client will receive the herbs and supplement that will lead to successful treatment. Lyme disease Testing. In areas where ticks inhabit, a bite can be undetected until the client is unwell and challenging to diagnose. Lyme disease testing and a thorough medical history allow us to present the highest quality diagnosis and treatment in our patient care. Our practice offers extensive knowledge Lyme disease, its symptoms and eventually successful health restoration in the affected client's health. There are many therapies used to present to restore the client's unhealthy state to a state of feeling well. Our team continues to search for information that will further aid in safe, scientific treatment of Lyme disease. Our therapies are successful in the diagnose after gathering extensive client medical history and research to find the most advanced medicine to relieve our client's condition."

e) from ashleyrussellnaturopath.com/functional-lab-testing:

"Functional Lab Testing in Litchfield County, Connecticut. functional lab testing in Litchfield County CT Our patients receive specialized, "functional" laboratory testing. We offer functional laboratory tests that look at whether your body is functioning at optimal health. If not, then we can identify imbalances before they start the process of becoming malignant diseases. With past and present patient history, we create an individualized treatment to prevent illness. With our intent to return balance to every system of your body, we focus on the body to adjust and heal itself as it was meant to do. The functional lab testing incorporated into each client's recovery enables us to restore balance to your body. Every lab test we use puts focus on testing to assess the health of your body's core systems. Anxiety & depression assessment & treatments. We perform an extensive physical examination, various tests and record your medical history. The practitioners understand that depression may connect to other underlying physical health problems. The application of an alternative treatment in a client's journey to

recovery often will be sufficient to help alleviate the most distressing symptoms of depression. Our selective supplements can ease anxiety and depression symptoms. When we naturally treat anxiety, some therapy or exercise is the safest way and including learning new coping mechanisms and ways to control stress. Herbal supplements as a natural therapy can improve your overall spirits and coping mechanisms. All our alternative treatments are safe. We recommend that regular activity should be part of your therapy. General Wellness Exams. Performing a physical examination gives us a picture of your health. General wellness examinations allow you to keep your healthy state of well-being. Regular checkups that you participate in will signal any underlying abnormality to be detected early. These intervention visits to your practitioner can be a learning period for the client and keep yourself healthy with this preventative care. Scheduling preventative appointments and ordering routine tests help to maintain your good health. Gastric Function Testing. The gastric function testing looks at how the nervous system and endocrine system work together to increase the gastric secretion and motility when there is an intake of food and to suppress them as the stomach empties. We use this test to determine a low acid output of the stomach. This test tells us that if the acid output is abnormally low, then the client experiences poor digestion. A gastric function test is performed to analyze and measure the fasting patient’s stomach contents for acidity, appearance, and volume. Metabolic Function Testing. Using metabolic function testing to assess the body’s cellular metabolic processes and looks at the metabolic function productivity. This testing identifies metabolic inhibitions or abnormalities when detoxing, producing energy, neurotransmitter breakdown, intestinal microbial balance, or stressors. There are some metabolic inhibitors such as vitamin, mineral or enzyme imperfections, etc. Once the metabolic problem is identified and then detect what the metabolic cause is, we devise an individualized nutrition plan to rebalance the body. Our metabolic function testing can also help provide valuable data regarding many health conditions. This test brings back the promotion of general biochemical and physiologic wellness. Adrenal Function Testing. We test how well the adrenal glands are performing using the adrenal function test. This test is used to detect whether the adrenal glands are “fatigued.” These glands support a healthy body through stressful events. These lab tests are used to see if their levels are normal or abnormal levels of secreted hormones in the body. If there is hypo or hypersecretion of the adrenal glands in their functioning, then the body will be unhealthy and inhibit our bodies from handling day-to-day stress and pressures. Our use of alternative therapies to put the body back into its healthy state and rebalance the hormonal levels to maintain wellness. These lab tests determine how much the glands are damaged. We use functional medicine to bring to light the underlying imbalance, or cause. Sex Hormone Function Testing. Male Hormone Imbalance. Men are tested for sex hormone function testing because age causes hormone level changes. We realize when hormonal changes occur, with a range of adverse effects in the body. A variety of significant degenerative diseases arise when testosterone levels fluctuate. Testosterone is a systemic hormone in the male body affecting every cell in the body. This lab testing is crucial to determine the levels of testosterone (generally in high concentrations) and estrogen (usually in low levels). With the gathering of this information, our practitioners make up a

regimen to boost the levels natural hormones with the use of individualized nutrient and herb supplements, elevating the free testosterone levels and allowing the elevated estrogens levels to decrease, which protect the prostate gland. Female Hormone Imbalance. Sex hormone testing detects female hormone imbalances. With the administration of herbs and tinctures, hormonal level imbalance correction brings relief to the client. We also use blood test results to determine how to correct hormonal imbalances. We can assess which herbs will work best and other treatments. Our doctors include diet, nutritional changes to add more fiber and stress management to bring hormonal imbalance back into normal levels. More fiber in the client's diet alleviates the elevated estrogen to secrete. Herbs, botanicals, supplements, essential fatty acids can also assist in achieving balanced hormones."

014. NDs Clark, Englehardt, Procyk Pages at thirdstonehealth.com

a) from thirdstonehealth.com/about/:

"Third Stone Health: Around the world, stone guides called cairns mark the path, helping travelers find their way. These guides may be simple or elaborate, but all have a carefully balanced third stone that distinguishes a cairn from a random pile of stones. This thoughtful and deliberate human intervention for the benefit of others characterizes our mission at Third Stone Health: to be your health guide at every juncture in your journey of life. Navigating health problems, and the health system, can be scary and isolating. Even just knowing how to maintain good health can be confusing and feel overwhelming. Working with a trusted, experienced professional can help you make the right decisions to optimize your health, and prevent the wrong turns that so often lead to problems down the road. Integrative Medicine: Third Stone Integrative Health Center, naturopath, integrative medicine, Dr. Anne Procyk, naturopathic physician. Integrative Medicine bridges the gap between different traditions of medicine, promoting healing with the most proven therapies available. Doctors of all specialties, along with other health professionals, both conventional and alternative, uncover the underlying causes of disease and understand the unique needs of each patient. Doctors and patient then work together as a team to develop a comprehensive, personalized treatment plan that empowers the patient to make better choices regarding their health. No longer do you have to guess which treatment or doctor might be most helpful, Dr. Anne Procyk will help you navigate all your options and determine the most effective and efficient course of action for you. Third Stone Integrative Health Center, naturopath, integrative medicine, Dr. Anne Procyk, naturopathic physician. Naturopathic Medicine: Naturopathic Medicine is based on two fundamental principles: first, that within every human being are intrinsic, natural healing mechanisms, which are responsible for our ability to maintain health and overcome illness. Second, that the therapies used should promote these healing mechanisms in the least invasive and most effective manner possible. Therefore, naturopathic physicians serve both as primary care doctors as well as specialists in treating a wide variety of diseases with therapeutic nutrition, homeopathy, botanical medicines, physical therapy techniques (exercise, massage, ultrasound), acupuncture, hydrotherapy, and lifestyle counseling. Diagnosis includes identifying the underlying causes of disease,

and all treatments are customized to meet the unique needs of the individual. By activating the natural healing mechanisms of the body, treatments are usually very gentle, safe, and create lasting results. All licensed naturopathic physicians have graduated from a four-year naturopathic medical school after completing conventional pre-med requirements at the under-graduate level. Upon completion of training, students are awarded a Doctor of Naturopathic Medicine degree (N.D.). Graduates of accredited naturopathic medical schools must pass a national professional licensing exam to become licensed as naturopathic physicians in Connecticut. To learn more about naturopathic medicine, visit the website of the American Association of Naturopathic Physicians at www.naturopathic.org. To learn more about naturopathic medical education visit the website of the American Association of Naturopathic Medical Colleges at www.aanmc.org”

b) from thirdstonehealth.com/park-city:

“Where Utah Goes To Feel Younger, Be Healthier & Have More Energy In Record Time! (even if they're struggling with fatigue, brain fog, anxiety, weight gain, hormone imbalances and/or autoimmune conditions) Book a free, 15 minute consultation with my team to see if you qualify for a comprehensive health assessment: Schedule Here Address 2720 Homestead Rd, #30, Park City, UT Phone 435-252-9799 "My Energy Back!" "I always considered myself healthy, but over the years the issues started to add up: aches and pains, feeling irritable and short-tempered for no good reason. Doctors always chalked it up to getting older and stress. I thought I was doing everything right but Dr. Procyk discovered some nutrient deficiencies I never expected, and showed me the right way to eat for my body (turns out it was quite different from what my wife thought was healthy.) My energy is better than it has been in a long time, and despite the same job, I feel less stressed." -Mark, 54. Personalized Care For You. Dealing with chronic problems like fatigue, brain fog, anxiety, weight gain, hormone imbalances, or auto-immune conditions? If traditional healthcare is not giving you the results you want, I might be able to help. Hi, I'm Dr. Anne Procyk, and I'm here to offer a different approach. For more than 25 years, I've helped thousands of patients improve their health by identifying and treating the root causes of their issues. And more often than not, my patients feel better even when nothing else has worked. If you’re ready to finally see results in your health, book a 15-minute consultation to see if you qualify for a comprehensive root cause assessment. Let’s figure out exactly why you feel the way you do, and even more importantly – how to fix it. I get it, navigating health issues and the healthcare system can be frustrating, confusing, and even scary. Finding the help you need can feel overwhelming and impossible. That's where my experience as a root cause specialist comes in, guiding you towards better health decisions and avoiding unnecessary detours. I practice both integrative and naturopathic medicine, harnessing your body's natural healing powers in the most gentle and effective ways possible. Every patient gets a personalized, comprehensive treatment plan—no more guessing about what to do or bouncing between medications that only offer temporary relief. As a naturopathic physician, I can serve as both your primary care doctor and specialist, examining your symptoms in-depth to understand their true cause. Then you tell me, "I don't feel

well," I don't stop at what the blood work says. I dig deeper. Together, we'll figure out exactly why you feel the way you do and create a custom plan to solve the problem at its root causes. My patients watch their health issues dissolve and as a result, they become more energetic, productive, and vibrant. Imagine finally saying, "Wow… I feel great!" Instead of "I'm so tired of feeling bad!" If you're ready to tackle tough health issues in a new way... Book a 15-minute consultation to see if you qualify for a root cause health assessment. Let's start your journey to true well-being together. Don't let another day be stolen by fatigue, brain fog, anxiety, or other health challenges. Let's rewrite your health story. The vibrant, productive, energetic life you dream of is closer than you think. Book a consultation and let’s see how close it really is. Talk soon, Dr. Anne Procyk Book a Free 15-Minute Call "I Wish Someone Had Told Me This Years Ago!" "I had always had a lot of weird symptoms that no doctor could figure out. Some days I was really congested, achy, depressed and exhausted, despite sleeping 10 hours, and some days I felt fantastic and couldn’t believe how much I got done. The only explanation I ever got was bipolar, but the meds made me feel foggy and lethargic and drugged. I wanted to feel better, not zombie-like. Dr. Procyk showed me how a combination of things I was eating, along with constipation, leaky gut, and other gut problems I didn’t even know I had were the real cause of the problem. Once I started feeling better I could do more of the things that made me feel even better, like being more active and doing all the things I want to do. I wish someone had told me all this years ago!" - Jake, 38. Transformation is Possible! When you are ready to change “sick of being sick” to “vibrant radiant health” I can show you the way. The most common things I help my patients improve include: Fatigue: If you're just not feeling as good as you used to, regardless of what tests say, we can find the real reason, and figure out how to fix it. Hormonal Imbalances: Including Menopause, PMS/PMDD, Fibroids, PCOS, and painful/heavy menstrual cycles. Thyroid and Adrenal Disorders: Too often misdiagnosed by conventional doctors, holistic treatment of Hypothyroid, Hashimoto’s and Adrenal Dysfunction is often the key to feeling better. Mental Health Issues: From just feeling down or anxious to clinical depression and panic disorders, we provide alternatives to just taking medicine. Digestive Disorders: Whether it's heartburn, IBS, Colitis, or Crohn’s disease, uncovering the root cause yields solutions that conventional medicine misses. Allergies and Asthma: Reducing inflammation and balancing your immune system holistically makes you stronger in ways that medication does not. Diabetes and Heart Disease: We can guide you in not just managing but reversing many of these progressive conditions. ADD and Behavioral Issues: For both children and adults, holistic solutions often improve performance better than medication. Sleep Problems: Sleep is critical, if you are struggling with it we can help. HOW I PERSONALIZE CARE. Integrative Functional Medicine. My team and I use Integrative Functional Medicine. By identifying the underlying cause and applying the best of all worlds of medicine, treatment plans are more effective and customized to you. It's a collaborative effort that involves doctors and practitioners of multiple specialties - we join forces to get to the root cause of diseases and understand the unique requirements of each patient. In this integrative approach, you as a patient are an essential member of the team. Together with your doctors, we’ll develop a comprehensive, tailor-made treatment plan. The goal is not just healing but empowering you to make well-informed

decisions about your health. Navigating through these various medical practices and options can sometimes feel daunting. That's where I step in. I will steer you through all your options, whether it's deciding between a physical therapy session or acupuncture or choosing the right nutritional plan. With my expert guidance, you're not left guessing about your treatments. Instead, I will help you identify the most effective and efficient course of action that aligns with your specific health needs. Naturopathic Medicine. Naturopathic Medicine is based on two fundamental principles: - We all have natural healing powers within us that help us stay healthy and fight off illness. - Treatments should boost these healing powers in the gentlest and most effective way. As naturopathic physicians, we function as both primary care doctors and specialists. We treat various diseases using methods like nutrition, genetic analysis, herbal medicines, physical therapies (including exercise, massage, ultrasound), homeopathy, acupuncture, hydrotherapy, and lifestyle medicine. We focus on finding the root cause of disease and tailor treatments to your specific needs. This gentle, safe approach usually leads to lasting results when conventional healthcare makes little progress. Licensed naturopathic physicians complete pre-med undergraduate studies and four years of naturopathic medical school. Graduates earn a Doctor of Naturopathic Medicine degree (N.D.) and must pass a national board exam to obtain a license to practice naturopathic medicine. I specialize in dramatically improving chronic health problems conventional healthcare struggles with. I founded Third Stone Health to help people tackle stubborn health problems at the source including fatigue, brain fog, thyroid disease, anxiety, depression, weight gain, auto-immune disease and more. Using integrative & naturopathic medicine, I help people drastically increase their energy so they wake up feeling great! Through custom treatment plans, my patients start feeling better (even if they’ve tried conventional healthcare with little success) in as little as 7 days. As a formally trained naturopathic physician, I have been an integrative primary care doctor for more than 25 years. My deep understanding of how physical and mental health are closely connected has helped thousands of my patients. Book a Free 15-Minute Call. "Off My Sleep Medication!" "My journey into natural medicine started after my doctor recommended trying an anti-depressant. Mood and focus had been a problem for years, but I knew I wasn’t “depressed.” Dr. Procyk was the first doctor who figured out that it was my hormones that were causing my mood swings and difficulty focusing, and that feeling tired wasn’t just because I didn’t sleep well. Her plan not only made me feel better emotionally, but I had more energy, and I was more productive at work! She even showed me what I needed to do to sleep better, and get off my sleep medication, which I thought was impossible. - Jennifer, 44 You'll Work With Me... Dr. Anne Procyk. I specialize in dramatically improving chronic health problems conventional healthcare struggles with. I founded Third Stone Health to help people tackle stubborn health problems at the source. Including: fatigue, brain fog, auto-immune disease, anxiety, weight gain, and more. Using integrative & naturopathic medicine, I help people drastically increase their energy so they wake up feeling great! Through custom treatment plans, my patients start feeling better (even if they’ve tried conventional healthcare with little success) in as little as 14 days. A formerly trained naturopathic physician, I have been an integrative primary care doctor for more than 20 years. My deep understanding of how physical and mental health are closely connected has helped

thousands of my patients. About Third Stone Health. Stone markers, known as cairns, are used worldwide to help travelers find their way. Their defining feature is a carefully balanced third stone, setting them apart from just any pile of rocks. Just like these stone guides, our mission at Third Stone Health is to help you find your way to health. Dealing with health issues and navigating the healthcare system can be daunting and sometimes lonely. Even understanding how to maintain good health can feel overwhelming. By working with a trusted professional, you can make sound health decisions and avoid common pitfalls that could lead to health problems in the future. Let us be your guide, helping you every step of the way on your path to optimal health. Whether you're battling chronic conditions, seeking preventive measures, or just looking to optimize your overall well-being, we're here to provide the guidance and support you need. Together, we'll map out your health journey and set you on the path to vitality and wellness."

015. ND Crouse Pages at hamptonsnaturopathicacupuncture.com

a) from hamptonsnaturopathicacupuncture.com/?page_id=236:

"What is a Naturopathic Doctor? Emphasizing prevention and wellness, and engaging the wisdom of nature to promote the body's inherent healing ability, naturopathic doctors diagnose and treat disease and use traditional therapies combined with modern medical practices to help restore, maintain, and improve health. Naturopathic medicine can be used as a primary care approach, as a complement to conventional medicine and other forms of healthcare, for disease prevention, or for health and wellness support. Naturopathic doctors are experts in natural medicine, utilizing many modalities such as clinical nutrition, physical medicine, hydrotherapy, homeopathy, and botanical medicine, along with sensible concepts such as a healthy diet and lifestyle, regular exercise, and relaxation and stress management techniques. Naturopathic medicine is grounded in a philosophy that considers the entire person – body, mind, and spirit – and supports the intrinsic healing abilities that nature provides. Naturopathic doctors recognize that the body is an ever-changing system where organs do not perform in isolation, but are part of an intricate, interrelated system that must be addressed as a whole. Through this whole-person lens, naturopathic doctors evaluate the overall health and wellness of an individual and their short- and long-term outlooks. Seeking to identify and remove the root cause of an illness or state of disharmony in the body while facilitating the conditions that promote health improvement is a cornerstone of naturopathic medicine. Good health is more than the absence of disease, and disease prevention is more than a screening exam. Naturopathic doctors are trained to assess a multitude of social, environmental, and other factors that influence vitality, health, and well-being. The behaviors and habits that shape our routines, the relationships we cultivate, the environment that surrounds us, and the lifestyle we embrace are all elements that can serve as powerful catalysts for positive change. Naturopathic doctors are naturally oriented toward patient-centered care and provide ample time to get to know you and your concerns. In addition to a physical exam, visits with a naturopathic doctor often include a thorough life and medical history, environmental assessment, diagnostic testing, and the development of a treatment plan. Because naturopathic doctors take seriously the

role that emotions and mindset play in the state of health, patients often feel heard and validated in their visits. This contributes positively to their overall health and, in many cases, the office visit itself can feel like a treatment. Naturopathic doctors complete a four-year, accredited doctoral program and study the same biomedical sciences that medical doctors and doctors of osteopathy master, generally in the first two years of the program. The final two years emphasize clinical training under the supervision of a licensed naturopathic doctor. In addition, the naturopathic physician is required to complete extensive training in clinical nutrition, physical medicine, counseling, botanical medicine, homeopathy, and pharmacology. Naturopathic doctors also study minor surgery, intravenous therapy, and in some states are licensed as primary care providers. Dr Brian Crouse is a licensed Naturopathic Doctor in the State of Connecticut; there is currently no licensure for Naturopathic Doctors in New York State. Please contact your state legislator to let them know that you believe New York State should have licensed Naturopathic Doctors as in the surrounding states and Canada. Dr Crouse is also a licensed Acupuncturist in the states of Connecticut and New York."

b) from hamptonsnaturopathicacupuncture.com/?page_id=243:

"What is Acupuncture? Acupuncture can supplement and speed the process of healing, while balancing and alleviating some of the more nagging symptoms we experience. Many people have heard of the acupuncturist's use of very fine needles inserted into specific body locations for the treatment of pain. In fact, the majority of research on acupuncture in the West has focused on this use for the treatment. It can be beneficial for any of the pain syndromes resulting from an injury or associated with chronic degenerative diseases such as rheumatoid arthritis. Traditional TCM medical protocol focused on correcting imbalances in the body, and it has been used in China for more than 2,500 years to prevent, diagnose and treat disease, as well as to improve general health. The traditional explanation for how acupuncture works is that it modifies the flow of energy throughout the body, balancing it and thus correcting a wide range of disorders, from emotional disruptions such as anxiety, depression or post-traumatic stress, to digestive complaints such as vomiting, constipation and even irritable bowel disease. And the list goes on! It can also be helpful in treating neurological problems such as sinus headaches, migraines, and Parkinson's. Scalp acupuncture is a great rehabilitation strategy for individuals who have suffered a stroke. Further, respiratory conditions, such as sinusitis and asthma have been relieved with acupuncture. It rather shines with gynecologic disorders and infertility, and can help reduce fatigue, treat fibromyalgia and addictions, soften dental pain, gentle chemotherapy induced nausea and vomiting, and promote overall well being. Wow!! What should you expect from an acupuncture visit? Typically, the first visit involves a health history assessment. Questions you will be asked may seem strange, a little different from standard medical intake questions, but energy flow and whole-body interaction are the keys to diagnosing in Chinese medicine. Therefore, the practitioner may ask to examine your tongue, to feel your pulse to determine energy flow, or ask many questions that may seem to have nothing to do with the primary complaint. After the initial consultation and assessment is over, a diagnosis is made which may also

sound odd to you, so feel free to ask your practitioner what it all means. Then a treatment plan is devised, and treatment begun. Extremely fine needles are placed in very specific locations. Upon insertion, one may feel a momentary sharp or stinging sensation; however, many report they don't even feel the majority of the insertions. The needles are left in place for fifteen to twenty minutes while you rest quietly in a calm room accompanied by soft music. Many people say they fall asleep during this time, as the treatments are very relaxing. At the end of the treatment time, the needles are removed and properly discarded. Your practitioner will inquire after your wellbeing, and you will be able to leave. The visit is normally 60 minutes long. Acute symptoms may require only two to four treatments for relief, whereas chronic situation may require 12 or more treatments, usually over a course of eight to 10 weeks. For many people, also, a general sense of well-being that goes beyond symptom relief is experienced, and this support in general goes a long way to complimenting and reinforcing the changes in lifestyle and diet being made with the GenoType protocol assigned to each patient. The entire process works very synergistically. If you would like to experience acupuncture's capacity to help you with your symptoms while you integrate your new lifestyle and diet changes into your daily plans, please feel free to make an appointment with us. We would love to help you."

c) from hamptonsnaturopathicacupuncture.com/?page_id=5:

"About us: We are not Medical Doctors, we are naturopaths, acupuncturists and herbalists, we are trained at accredited 4 year Naturopathic and Acupuncture schools, we do not diagnose or treat anyone other than that which is described in our state's licensure's scope of practice. Dr. Crouse takes a patient-centered, individualized approach to every patient's problems. As both a naturopathic doctor and acupuncturist, Dr. Crouse utilizes his unique skills to combine Naturopathic and Chinese energetic perspectives. He always looks to pinpoint the root cause of the problem and never forgets the importance of addressing body, mind, and spirit. Brian Crouse, ND, LAc is a Licensed Naturopathic Doctor in the state of Connecticut and a Licensed Acupuncturist in the states of Connecticut and New York. NCCAOM Diplomat of Acupuncture designation, a Registered Herbalist with the American Herbalist Guild, a member of the American Association of Naturopathic Physicians, the Connecticut Naturopathic Physician Association and the New York Association of Naturopathic Physicians. He is trained in providing client's personalized, genomic, nutritional and microbiome consults through 2 years work with Dr. Peter D'Adamo, author of the blood type diet, utilizing 23and me and Ubiome data. His passion for medicine stemmed from his experience feeding people for over twenty years on the East End of Long Island; where he witnessed how diet played a roll in people's health and livelihood. Dr. Crouse had a passion for physical, botanical and esoteric medicine during his years of feeding people. This included studying under Dr. Linda Lancaster, ND, LAc at the Light Harmonic Institute in Manhattan and Santa Fe, NM. He has facilitated herbal workshops with Dr Eugene Zampeiron of Ecotours for Cures in New York and Jamaica, West Indies. As an avid foodie and musician his whole life, Dr. Crouse has taken a great interest in nutritional medicine, the art of medicine and pain management. He knows the toll it can take on a person when

their life is riddled with chronic pain and injuries. Dr. Crouse wants to help people regain their quality of life and pursue an active, productive, creative lifestyle. Dr. Crouse believes that patients should be well informed and take an active role in their own health care. He emphasizes education as well as involving the patient in creating a realistic treatment plan that will work for them every day of their lives. Dr. Crouse utilizes Naturopathic and Traditional Chinese Medicine treatments to accommodate every patient, including Western and Eastern herbs, homeopathy, acupuncture, nutritional counseling, hydrotherapy, specialized diets, fasts and detox. Dr. Crouse grew up on Long Island, his undergraduate degree is from Stony Brook University and is enjoying living in Millerton, NY."

016. ND Henninger Pages at brianjhenningernd.com

a) from brianjhenningernd.com/about-the-practice:

"About Our Practice Naturopathic Physicians (N.D.s) are the highest trained practitioners in the broadest scope of naturopathic medical modalities. In addition to the basic medical sciences and conventional diagnostics, naturopathic education includes therapeutic nutrition, botanical medicine, homeopathy, natural childbirth, classical Chinese medicine, hydrotherapy, naturopathic manipulative therapy, pharmacology and minor surgery. What is Naturopathic Medicine? Naturopathic medicine is based on the fact that the human body has the power to heal itself. Naturopathic Medicine is founded upon a holistic philosophy; naturopathic medicine combines safe and effective traditional therapies with the most current advances in modern medicine. Naturopathic medicine is appropriate for the management of a broad range of health conditions affecting all people of all ages. In the state of Connecticut, Naturopathic physicians diagnose and treat all manner of illness: first-aid, acute and chronic conditions. Naturopathic physicians attend four year, post-graduate, in-residence medical schools where they study much of the same material their medical colleagues do with regard to anatomy, physiology, biochemistry as well as the diagnostic course work such as physical and clinical diagnosis, laboratory diagnosis and X-ray diagnosis. Instead of using pharmaceutical drugs and surgery, naturopathic physicians work with a wide range of therapeutic modalities all of which attempt to help the body heal itself. Naturopathic physicians are unique in providing diagnosis and treatment that bridges both conventional and natural medicine perspectives; they integrate scientific research with the healing powers of nature."

b) from brianjhenningernd.com/naturopathic-pediatric-care:

"Naturopathic Pediatric Care. We provide comprehensive health care for children of all ages, from infants to teens. We emphasize healthy nutrition from Day 1, and spend time educating our patients and their families about the importance of using food as medicine to create a strong foundation for health. We enjoy the challenge of working with parents of picky eaters and children with multiple food sensitivities to create positive associations with food and eating. We are also trained in the safe and effective use of herbal medicine and nutrients to treat illness in infancy and childhood. We provide well-child exams and sports physicals, as well as addressing the following common concerns: Common concerns for infants: Ear infections

Eczema Colic Developmental delays Early signs of Autism Reflux Sleep disorders Thrush Torticollis Common concerns for toddlers and early childhood: ADD/ADHD Allergies (Environmental and Food) Asthma Concussion support and treatment Eczema Digestive complaints Frequent infections Nutrient deficiencies PANS/PANDAS Tics/Tourette's Syndrome Common concerns for teens: Acne ADD/ADHD Anxiety Concussion support and treatment Depression Mononucleosis/EBV Hormone balancing Optimizing digestion PCOS Achieving and maintaining a healthy weight."

c) from brianjhenningernd.com/acupuncture-%e2%80%a8:

"Acupuncture Acupuncture is a 3,000 year old practice rooted in the balancing of Qi, or energy, throughout the body, and utilizes both modern and traditional medical practices. Health is seen as a balanced movement of the Qi, which flows through meridians connecting the body's energetic anatomy, and most often mirrors the circulatory and neuromuscular systems of Western medicine. Traditional Chinese Medicine techniques include the stimulation of the various 300 points on the body with acupuncture and acupressure. There is an acupuncture treatment for ANY diagnosis or symptom, including but not limited to: Pain relief and management Bacterial and viral infections Fatigue and insomnia Allergies and hay fever Hormone balancing Diarrhea or constipation Headaches, cognitive dysfunction, or memory loss Neurological or psychological disorders Fertility support Sinus infections."

d) from brianjhenningernd.com/autism-spectrum-disorder:

"Autism Spectrum Disorder. Dr. Henninger has been working with children diagnosed with an autistic-spectrum disorder and ADHD for over 12 years. Our goal is to provide patients an integrative approach to medicine with an emphasis in natural therapeutics for your child's health concerns. This approach has helped many people on the road to better health, and we are fully committed to helping your child reach their full health potential. At the first visit we will get to understand your story as we get to observe your child, and we will go through a rigorous examination that will help us understand which diagnostic tests are necessary. Each child is an individual. They have been affected in their own unique way. Each child must be examined as an individual and evaluated so that the family can seek appropriate treatments. Most importantly, rather than take a "wait and see" posture, parents should be on "high alert" when their child fails to achieve significant developmental motor and sensory milestones in order that treatment can be offered at the earliest possible time. The health of many children suffering with autism is very complex. Digestive problems, yeast overgrowth, nutritional deficiencies, food allergies and sensitivities, gluten and casein intolerance, heavy metal toxicity, viral infections, autoimmune issues, and possible vaccine injury make up a short list of the health problems of these children. Our approach is to help optimize your child's potential. This includes utilizing a wide variety of diagnostic tests to assess their underlying body function, address nutritional needs with dietary and nutritional counseling, and to use herbal, homeopathic, and other natural medicines as needed to support healing and improve their vitality. This often includes Craniosacral treatments, BioEnergetic medicine, and

Homotoxicology. Brian J. Henninger, N.D. has been working in private practice since 2002 with the DAN (Defeat Autism Now) approach. This specialty is incorporating scientific approaches to the epidemic and explores protocols which are both safe and effective for affected individuals. Some interventions are more effective than others, some carry more risk. In my capacity as a naturopathic pediatrician for over twelve years, I feel that I have both the knowledge and experience to apply the treatments with the highest chances of success while weighing the risks and costs which must be figured into that equation. This approach has grown and formalized into the Medical Academy of Pediatric Special Needs, of which I am in the process of becoming a fellow. All of the experts now agree that by combining the traditional methods of behavioral, occupational, physical, and speech therapies with the newest biomedical interventions, we can help our children learn and progress to amazing levels. We are always searching for improved ways of helping autistic-spectrum and ADHD children to improve their health and to optimize their potential as unique individuals."

e) from brianjhenningernd.com/craniosacral-therapy-cst:

"Craniosacral Therapy (CST). CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system – comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system. By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including: MIGRAINE HEADACHES CHRONIC NECK AND BACK PAIN MOTOR-COORDINATION IMPAIRMENTS COLIC AUTISM CENTRAL NERVOUS SYSTEM DISORDERS ADHD, ADD ORTHOPEDIC PROBLEMS TRAUMATIC BRAIN AND SPINAL CORD INJURIES SCOLIOSIS INFANTILE DISORDERS LEARNING DISABILITIES CHRONIC FATIGUE EMOTIONAL DIFFICULTIES STRESS AND TENSION-RELATED PROBLEMS FIBROMYALGIA AND OTHER CONNECTIVE-TISSUE DISORDERS TEMPOROMANDIBULAR JOINT SYNDROME (TMJ) NEUROVASCULAR OR IMMUNE DISORDERS POST-TRAUMATIC STRESS DISORDER."

f) from brianjhenningernd.com/homeopathy:

"Homeopathy. Naturopathic Physicians are licensed to practice homeopathy and use it as an integral part of their therapies. Homeopathy is a distinct medical art and science which employs tiny doses of natural medicines to stimulate the body's inborn healing capacity. The physician strives to perceive each patient's individual physical, mental and emotional nature, trying always to prescribe for the person, rather than the diagnosis. Homeopathy's central philosophical point is called the law of similars, "Like Cures Like." People have observed that a substance which causes an illness or a symptom can, in very small doses, cure the same problem by stimulating the organism to realign itself. Homeopathic medicines are quite safe: they are known to be non-allergenic, non-toxic, and free of side effects. They are

prepared from herbal, mineral, and animal substances by homeopathic pharmacies, under strict guidelines established by the FDA . Those practicing homeopathy include naturopathic physicians, medical doctors, chiropractors, osteopathic physicians, as well as trained professional homeopaths. The in-depth interview process delves deeply into the patient's physical, mental, and emotional nature. People often report that they enjoy the process and the individualized care provided by their homeopathic practitioner. The remedy is chosen by the practitioner after an interview and analysis. Classical homeopathy, such as that practiced in this office was originally conceived by Dr. Samuel Hahnemann (1755-1843), encourages the prescriber to offer only one remedy at a time. Homeopathy is an advanced natural healing science whose tremendous value has been proven for over two hundred years and on every continent. Homeopathy can be effective in chronic (long-term) conditions, as well as acute (short-term) illnesses of adults, children and animals. Homeopathic medicines are non-toxic and have no side effects. They act curatively and preventively by raising your general level of health. In homeopathy, micro-dilutions of plant, mineral and animal substances are chosen based on a healing principle called The Law of Similars. This law states that any substance that can produce symptoms on a healthy person can cure those same symptoms in someone who is sick. Homeopathy is a truly holistic approach to health; one that emphasizes people rather than diseases. Homeopathy recognizes that each person responds uniquely to the forces of their heredity and environment. Mental, emotional and physical alterations from health (symptoms) are the indications of the body's effort to defend and heal itself."

017. ND Hutt Pages at frontierwellnesscenter.com

a) from frontierwellnesscenter.com/human-naturopathics:

“Dr. Carla Hutt, ND listening to her patient. What is Naturopathic Medicine? Naturopathic medicine is based on the belief that the human body has an innate healing ability. Naturopathic doctors (NDs) teach their patients to use diet, exercise, lifestyle changes and cutting edge alternative medicine to enhance the body’s ability to ward off and combat disease. NDs view the patient as a complex, interrelated system (a whole person), not as a clogged artery or a tumor. Naturopathic physicians craft comprehensive treatment plans that blend the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health.natural medicine, holistic, chinese medicine, health care, healing, drug free, allergy relief, health, acupuncture, reflexology. Naturopathic physicians base their practice on six timeless principles founded on medical tradition and scientific evidence. Let nature heal. Our bodies have such a powerful, innate instinct for self-healing. By finding and removing the barriers to this self-healing such as poor diet or unhealthy habits naturopathic physicians can nurture this process. Identify and treat causes. Naturopathic physicians understand that symptoms will only return unless the root illness is addressed. Rather than cover up symptoms, they seek to find and treat the cause of these symptoms. First, do no harm. Naturopathic physicians follow three precepts to ensure their patients? safety: Use low-risk procedures and healing compounds such as dietary supplements, herbal extracts and homeopathy with few or no side effects. When possible, do not suppress symptoms, which are the body’s efforts to self-heal. For example, the body may cook up a fever in reaction to a bacterial infection. Fever creates an inhospitable environment for the harmful bacteria, thereby destroying it. Of course, the naturopathic physician would not allow the fever to get dangerously high. Customize each diagnosis and treatment plan to fit each patient. We all heal in different ways and the naturopathic physician respects our differences. Educate patients. Naturopathic medicine believes that doctors must be educators, as well as physicians. That’s why naturopathic physicians teach their patients how to eat, exercise, relax and nurture themselves physically and emotionally. They also encourage self-responsibility and work closely with each patient. Treat the whole person. We each have a unique physical, mental, emotional, genetic, environmental, social, sexual and spiritual makeup. The naturopathic physician knows that all these factors affect our health. That’s why he or she includes them in a carefully tailored treatment strategy. Prevent illness. “An ounce of prevention is worth a pound of cure” has never been truer. Proactive medicine saves money, pain, misery and lives. That’s why naturopathic physicians evaluate risk factors, heredity and vulnerability to disease. By getting treatment for greater wellness, were less likely to need treatment for future illness. A naturopathic physician and clinical setting for people is available at Frontier Wellness Center. To make an appointment with Dr. Hutt call 860-558-4009. Click here to schedule an appointment online today.”

b) from frontierwellnesscenter.com/trinfinity8:

“Trinfinity 8. Trinfinity8-a-e1401026014700 Frontier Wellness Center introduces remote access to the algorithmic vibrational healing of Trinfinity8 for anti-aging and healing. Dr. Hutt, our naturopathic physician, has provided Trinfinity8 anti-aging sessions in office and remotely for over a year with significant and equal results. Remote healing is an application of quantum theoretical physics in regards to time and space. “Quantum theory is used in a huge variety of applications in everyday life including lasers, CDs, DVDs, solar cells, fiber-optics, digital cameras, photocopiers, bar-code readers, fluorescent lights, LED lights, transistors, semi-conductors, super-conductors, spectroscopy, MRI scanners, etc. By some estimates over 25% of the GDP of developed countries is directly based on Quantum physics” – Luke Mastin, The Physics of the Universe. Trinfinity 8 Anti Aging remote healing program. This series lasts for 12 weeks. There will be 3 treatments per week, 90 minutes each session, scheduled for 3am Eastern as they work best during Theta sleep. Each week builds on the prior one as we systematically go through each of the organ systems clearing the way for ultimate energetic flow and youthfulness. The anti aging protocols appear to decrease the free radical burden in the body and decrease oxidation of all tissues allowing the return to a healthier state of being. quantum-theory The Program Basics The first week focuses on opening up the emunctories which are the drainage organs of the body. The liver, kidney, and skin are the major ones. Each subsequent week includes all the prior treatments in addition to the new focus – Drainage of the extra cellular matrix – Drainage of the intra cellular matrix – Reconnection with our innate energy and vital force – Addressing neurotransmitter function to re-balance the brain, endocrine organs, hormones, lymphatic system, immune system and their optimal inter-communication with all tissues in the body. – Energetic re-balancing of the nerves, muscles, blood, bone, skin, collagen, elastin and fibrin – Repairing telomere damage of DNA – Oxygenation of the whole body – Nutritional energization of the whole body – Revitalization of specific conditions and areas such as greying or thinning hair, wrinkles, skin tone or acne, nails, eyes, chin, face, reproductive organs, tummy, butt, legs, arms, etc. All sessions begin with clearing the auric field and balancing the energy field. The best testimonial we’ve heard is, “Wow, you look better than the last time I saw you 20 years ago. QPhysics Frequently Asked Questions What is the Trinfinity 8 and how does it work? It’s a health and beauty aid designed by Dr Kathi Forti. Feel free to check out the website for a full description of the mathematical algorithms that produce the vibrational healing. How long will it take to notice results? Not all results will be as obvious as others. Some people feel their skin tightening and others feel energy improvement, or their nails are stronger or their hair is thicker. The program is designed to repair from the cellular level, not to merely sculpt the outer layer. Should I feel something while its on? Most people don’t feel more than some tingling. Will it keep me awake? Most people sleep very well and wake relaxed. Are there any health conditions that are contraindicated? Pregnancy is not the right time for this program, nor is having a pacemaker. Is it possible to have an adverse reaction to it? The first week is all about detoxing so drinking plenty of water will help flush out your system so you don’t feel fatigued from all the toxins you’re dumping. Are there any blood tests that can show it’s working? There is a blood test that determines the functional age of your DNA so doing one before and after may be of interest. Do I have to keep doing this forever

or is one series enough? Just like any other health and beauty program, a follow up maintenance plan is suggested. We will have various options available to you. Click Here to Read More!”

018. ND Amicone Pages at christinaamiconend.com

a) from christinaamiconend.com:

”Christina Amicone. Naturopathic Physician. Specialist in Family Medicine and Naturopathic Oncology. Doctorate of Naturopathic Medicine - Bastyr University. Clinical Residency - Yellowstone Naturopathic Clinic, St. Vincent Hospital, Hematology Oncology of Northern Rockies, Billings, MT. Bachelors of Science in Nutrition - University of Connecticut r. Christina Amicone graduated from the University of Connecticut with a Bachelor of Science in nutrition and a minor in Biology. She achieved her doctorate in naturopathic medicine from Bastyr University in Seattle, WA, a school renowned for it's foundation in the medical sciences. She spent 3 years in a naturopathic residency program in Montana with a focus on naturopathic oncology and primary care. She worked with medical and radiation oncologists, co-managing oncology patients to prevent and reduce the side-effects of conventional treatments, prevent cancer recurrence and improve quality of life. Her residency also included a focus on naturopathic primary care at the largest naturopathic clinic in Montana and surrounding states. She has a special interest in naturopathic detoxification, gastrointestinal problems (including irritable bowel syndrome and inflammatory bowel disease), women’s health (annual exams, menstrual problems and menopause), autoimmune diseases, food sensitivities and cancer care. Dr. Amicone is currently scheduling patients at Riverstone Naturopathic Health in Litchfield, CT. Telemedicine update: Dr. Amicone is licensed to practice naturopathic medicine in Connecticut and therefore patients need to be in Connecticut to receive care. She is able to treat any patient that comes to the office from other states, but telemedicine visits are limited to those with a Connecticut address.”

b) from christinaamiconend.com/naturopathic-oncology:

“Naturopathic Oncology. Integrative naturopathic oncology involves a collaboration between the medical oncologist and naturopathic doctor. I strongly believe this is the future of oncology care. The appropriate combination of naturopathic and standard medical interventions results in improved cancer outcomes, reduced side-effects, reduction in cancer recurrence and overall improved patient experience. It is important to recognize that naturopathic oncology is a specialty in naturopathic practice. To find a list of naturopaths that focus on the field of oncology, visit the Oncology Association of Naturopathic Physicians website, here. The Cancer Opportunity. We don’t ask for cancer. Some of us dread the diagnosis and some of us assume it will never find us. For some of us, cancer means giving up hopes and dreams, and for others it means pursuing them with more fervor. Cancer can afford us the opportunity to heal relationships, and find personal growth, or it can afford us the opportunity to finally come home and rest. We can not change our diagnosis, but we can control the effect it has on our lives. To Chemo or not to Chemo. Every person’s cancer diagnosis is different. The modern age of medicine has allowed us

insight into different cell types, differentiation, surface markers and receptors. These variables combined with personal differences like age, sex and medical history create a situation in which no two people can have the same experience. As a naturopath working in the field of oncology I work with people who are not afraid to ask the chemotherapy question. The decision to do chemotherapy and/or radiation is personal. I am happy to offer insight and support while coming to this decision. To Chemo or not to Chemo? Christina Amicone naturopathic cancer Connecticut. The immune system produces antibody cells that work to eliminate cancers as well as infectious diseases. This process is one of our inherent protections against the progression of cancer and also the target of many new conventional treatments. Natural Cancer Treatments. Nature has provided a multitude of anticancer agents that have been scientifically proven to discourage cancer cell growth or cause cancer cell death. Some of these agents have been isolated and formulated into common chemotherapeutics. Others are considered experimental, and some yet are largely unknown by the medical profession at large. These therapies are beneficial for people who have a goal of preventing cancer, including those with a known genetic mutation predisposing them to cancer development, those with a strong family history of cancer, or those who have been diagnosed and treated for cancer and are currently in remission. For those who have been diagnosed with cancer and are not candidates for conventional treatments or decide not to pursue them, naturopathic medicine can offer many benefits. The main objective in this situation is to improve quality of life for as long as possible. Every cancer imposes specific side-effects that can be managed with natural therapies. People in this situation may also benefit from the natural anticancer agents discussed above, as they may help to slow cancer growth. When choosing conventional treatments like surgery, chemotherapy or radiation treatments, naturopathic therapeutics can have a profound effect at changing this experience. When under the care of a naturopath with oncology expertise, natural agents have the potential to augment conventional therapies, allowing them to be more effective at eradicating cancer cells. Some of the major side-effects of conventional treatments can be avoided or greatly minimized when the appropriate naturopathic treatments are used during treatment. The use of natural substances during conventional cancer treatment is the future of cancer care. Natural medicine is a powerful and useful tool that all patients deserve to utilize to improve the overall cancer experience. Some oncologists remain leery, however, and rightfully so. Medical oncologists are not trained in the use of natural agents, but they are aware of the potential risks when they are used inappropriately. It is extremely important that you talk with your oncologist about the supplements that you take during treatment. Naturopathic oncologists are trained in evidence based use of natural therapies during chemotherapy. I am happy to keep an open dialogue with your oncologist and provide supportive literature for the treatments that I recommend. Naturopathic Medicine is abundant in it's offerings to the field of oncology. You can find a naturopathic physician that specializes in oncology near you at the OncANP directory.”

c) from christinaamiconend.com/general-medicine:

“General Medicine. Naturopathic Medicine. Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals’ inherent self-healing process. The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. For more information on Naturopathic Medicine, please visit our national association website here: Christina Amicone naturopathic cancer Connecticut Services available include: Annual wellness exams Routine blood work Special tests including tests for vitamins and minerals, hormone levels, adrenal function, food allergies and intolerance, small intestinal bacterial overgrowth, lactose intolerance and comprehensive stool analysis. Conditions treated include: High cholesterol High blood pressure Diabetes Anxiety Insomnia Osteopenia/porosis Autoimmune conditions Mold related health issues Hormone imbalance Menstrual problems Menopause Thyroid/adrenal Genitourinary issues Urinary tract infections Interstitial cystitis Vaginitis Lichen sclerosis Intestinal issues including Reflux Irritable bowel syndrome Inflammatory bowel diseases (Crohn's, colitis) Dysbiosis (SIBO, candida, etc). Christina Amicone colonics Connecticut. The human gut has the surface area of a tennis court. The health of this huge interface between the inside of the body and outside environment has a dramatic impact on wellness and is an important focus of naturopathic medicine.”

d) from christinaamiconend.com/news:

“Supplement purchases. As naturopathic physicians, it is our obligation to provide therapeutics that are high quality, safe and reliable. In an effort to ensure the supplements you use meet these criteria it is critical to use good judgment when purchasing them. All the supplements that are recommended by Dr. Amicone are vetted for quality and purity, confirmed by independent labs that follow scientifically valid methods and ethical lab practice. You can also order or refill most supplements online through Fullscript and Xymogen. When these dispensaries do not have the product that we recommend for you, we will provide alternative sources for purchase. We do not recommend shopping on Amazon.com or other online retail supplement suppliers due to counterfeit products and poor quality control. While sometimes these sites offer the most cost-effective options for purchase, we simply cannot ensure product safety. If you do purchase products outside of our recommended sources, we are not liable for any harm incurred or poor health outcomes. The local shops listed below carry high quality supplements and will special order your supplements if they do not carry what you need. It is important, however, to only get the product recommended during your visit, including the brand and dose. · Nature’s Pharmacy: 1083 Main St, Watertown, CT 06795; (860) 945-9709 · New Morning Market: 129 Main St N, Woodbury, CT 06798; (203) 263-4868 · Medical Arts Pharmacy: 1389 West Main Street Suite 106, Waterbury, CT 06708; (203) 755-1104.New Naturopathic Code of Ethics: To provide protection to the general public, a naturopathic physician shall abide by the following code of ethics: 1. Honesty: A naturopathic physician shall conduct himself or herself in an honest manner; shall not represent him or herself to patients or the public in an untruthful, misleading, or deceptive manner; and shall not engage in

advertising that is false or deceptive. 2. Improper relationship: A naturopathic physician shall not engage in sexual relations with a patient unless that patient has been released from the naturopathic physician’s care for at least one year. The termination of the physician-patient relationship shall be in writing, and the patient shall understand that the physician-patient relationship has ended. 3. Privacy: A naturopathic physician shall maintain patient privacy and confidentiality; provided that if the naturopathic physician becomes aware that a patient is a danger to the public or to her or himself, the naturopathic physician shall take reasonable steps to advise appropriate public officials or agencies of the potential danger, within the guidelines of applicable laws. 4. Performance: A naturopathic physician shall perform professional tasks and responsibilities to the best of the naturopathic physician's ability, and standards of care and refrain from engaging in any behavior that will detract from his or her ability to engage in the competent practice of naturopathic medicine. 5. Obligation: The fundamental and primary obligation of a naturopathic physician is to the patient, and the maintenance and improvement of the patient’s health and well-being. a. A naturopathic physician shall at all times seek to employ methods of diagnosis and therapy that are consistent with naturopathic medical philosophy and principles of practice, scientific principles and evidence, and the naturopathic physician’s training and experience, and shall provide patients with information about these diagnostic approaches, therapies and potential alternative diagnostic approaches and therapies so that the patient may give fully informed consent to the recommended diagnostic approaches or treatments. b. As part of the obligation to provide care, a naturopathic physician shall use his or her best efforts to facilitate a patient's access to high quality, safe and reliable medicines, medical devices, diagnostic tests and supplements. c. A naturopathic physician shall offer alternative sources for obtaining the items in subparagraph (5b) as long as those alternative sources do not compromise safety or clinical effectiveness. d. The naturopathic physician shall refrain from recommending medicines or treatments of a secret nature, and shall adequately disclose the contents of medicines or the nature and description of treatments recommended to a patient. Scheduled for review August 2015. Approved as full Code of Ethics August 2012. Approved as provisional Code of Ethics August 2011. SOURCE: American Association of Naturopathic Physicians.”

019. ND Pannone Pages at craigpannonend.com

a) from craigpannonend.com:

“A holistic based medical practice that offers comprehensive, individualized care for acute and chronic conditions. Our holistic practice treats a wide variety of health conditions and works with people looking for a natural solution to their health challenges. Our goal for every person is an increased quality of life and a more fulfilling lifestyle that adds years to someone’s life and has a positive effect on the people around them. We welcome you in our office whether you are here for short or long term care. We work cooperatively with other health care practitioners in order to provide the best healing environment for the patient. Patients of all age ranges are welcome. Let's work together to help you reach and achieve your optimal health. The practice has experience treating patients with the following

conditions: Men's health, low testosterone, prostate Cardiovascular health, cholesterol Infections, gastro, urinary, respiratory Osteopenia and osteoporosis Liver and gallbladder health, detoxification Injury recovery, acute injuries Thyroid health, Hashimoto's Immune challenges, chronic Lyme, Epstein-Barr, Shingles Menopause, hot flashes Skin health, acne, psoriasis, dermatitis."

b) from craigpannonend.com/about:

"About. Dr. Craig Pannone graduated from Juniata College in Huntingdon, PA in 2008 with a Bachelor of Science in life sciences and a minor in business management. Knowing from early on that he wanted to pursue a career in naturopathic medicine, he was then accepted into the Canadian College of Naturopathic Medicine in Toronto, ON, the largest accredited naturopathic institution in North America. He graduated from CCNM with a Doctorate of Naturopathic Medicine in 2012. While in school, Dr. Pannone interned at various community health clinics in Toronto, and he has also served as a volunteer with Naturopathic Medicine for Global Health treating patients in Guatemala. He has been in clinical practice since 2013. Dr. Craig Pannone. B.Sc. (Life Sciences) from Juniata College '08. ND (Doctorate of Naturopathic Medicine) from CCNM '12. Naturopathic Medicine. Naturopathic medicine is a system of health care that combines modern medical science with natural and holistic therapies. Naturopathic doctors view the person as a whole while understanding the underlying factors and causes to disease to correct the concerns and restore health. During this process, naturopaths are guided by the principles of naturopathic medicine which are listed below: 1- Healing Power of Nature: recognizes that every person has an inherent self-healing process when the obstacles to healing are removed. 2- Identify and Treat the Causes: recognizes the approach of not just suppressing symptoms but looking for the underlying causes of disease to restore health. 3- First Do No Harm: recognizes the importance of using substances that minimize the risk of harmful side effects while working within the patient's own self-healing process. 4 – Doctor as Teacher: recognizes the importance of naturopathic physicians to educate patients and encourage self-responsibility for their health. 5 – Treat the Whole Person: recognizes the importance of taking into account the physical, mental, emotional, genetic, environmental, social and other factors when treating each patient. 6 – Prevention: recognizes the importance of emphasizing disease prevention through appropriate interventions and by assessing risk factors and looking at various susceptibilities. To find out more information about naturopathic medicine, you can click the link below."

c) from craigpannonend.com/treatments:

"Treatments and Services. Acupuncture: Acupuncture is a technique in Traditional Chinese Medicine philosophy to promote the body's natural ability to heal itself by inserting thin sterile needles in specific points in the body. TCM is rooted in the belief that "Chi", a vital energy, is allowed to flow freely through the 14 meridians or pathways in the body. Disruption in this flow can cause health problems and manifest particular symptoms, and acupuncture is used to unblock the obstructions. Acupuncture can be beneficial in physical medicine to treat pain and help people

recover from injuries quicker by bringing more oxygen and nutrients to the needed area. Points will be used where the pain is located along with points in other areas of the body such as the feet or hands. Many other health problems can be treated such as diabetes and it can also be used preventatively since subtle disharmonies or imbalances are addressed. Based on ancient TCM philosophy, its effectiveness is now supported by modern research. Nutrition Response Testing: Nutrition response testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill-health. When these are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimal health. Through an analysis of your body's organs/ areas, we help you determine the exact nutrients you need to supplement your diet in order to bring about balance and better health. Detoxification: Detoxification plans can be used as an effective way to eliminate toxins from the body to restore normal physiology and functioning of the body. There is an ever-growing amount of heavy metals and chemicals in our environment that can burden our bodies after a while and can lead to various symptoms. Personalized detoxification plans or programs can be utilized to help restore the body's natural ability to eliminate these toxins to help improve symptoms of fatigue, weight loss, memory and concentration, mood and other issues. Dietary Counseling and Nutritional Supplementation: There is a growing body of scientific knowledge from clinical research validating the use of diet and nutrition for the treatment of disease. Nutritional supplementation can be used therapeutically by correcting underlying deficiencies, decreasing side effects of medications or by treating conditions with high doses of indicated supplements. Dietary counseling is done with almost every patient to address what someone should or should not be eating, and what food plan would be best suited for the individual. Standard Blood Work and Functional Medicine Lab Testing: Routine blood testing can be done through Quest Diagnostics. The levels can also be examined functionally or from a preventative point of view to see if there are any liver, kidney or heart risks or whether you are have any early signs of hormone problems, cholesterol or blood sugar issues. Food sensitivity testing can be done to see whether you have low grade immune responses to certain foods which may lead to inflammation. Lifestyle Counseling: Lifestyle counseling is always beneficial in cases where a person's daily habits are contributing to their health conditions and is a way to help remove the obstacles to better health. Sleep, stress management, diet and exercise are addressed to help create a better foundation for future treatments. Herbal Medicine: Medical herbalism or botanical medicine is the use of plants for medicinal purposes. Many cultures for thousands of years have used herbs or botanicals as a source of healing remedies. Many pharmaceutical drugs are derived from plant sources such as aspirin from white willow bark or digoxin from foxglove. Botanicals can have a much broader range of therapeutic actions because of their many herbal constituents and generally have fewer side effects than prescription medications. Physical Exams: Physical examinations can be an important part of gathering objective information for the clinician. A more comprehensive exam is usually done on the first visit and more focused or targeted exams are done during follow ups. Exams can also be done as part of a wellness exam for school or work. With acupuncture sessions, a look at the tongue to view certain characteristics and feeling the pulse on both wrists gives relevant information about what is out of

balance in the body. Tongue and pulse are routinely done before each acupuncture treatment.:

d) from craigpannonend.com/functional-medicine-tests:

“Functional Medicine Testing. Below is an overview of the some of the functional medicine tests offered. Functional medicine testing provides an insight to how the body is functioning rather than being used to diagnose a disease or illness. This testing seeks to determine why the person has the problem in the first place, what function has been lost and what we can do to restore function. Vitamin / Nutrient Deficiency | Heart Health | Prediabetes | Fitness Level Assessment | Bone Health Food Allergies / Sensitivities | Female Hormone | Male Hormone | Adrenal Testing | Digestion. Spectracell Micronutrient Test: This test measures the function of 35 nutritional components including vitamins, antioxidants, minerals and amino acids within our white blood cells. The lab results include a report easily identifying deficiencies and supplementation recommendations. Includes: Vitamins: Vitamin A Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Biotin Folate Pantothenate Vitamin C Vitamin D Vitamin K Minerals: Calcium Magnesium Manganese Zinc Copper Amino Acids: Asparagine Glutamine Serine Fatty Acids: Oleic Acid. Antioxidants: Alpha Lipoic Acid Coenzyme Q10 Cysteine Glutathione Selenium Vitamin E. Carbohydrate Metabolism: Chromium Fructose Sensitivity Glucose-Insulin Metabolism. Metabolites: Choline Inositol Carnitine. SPECTROX for total antioxidant function. IMMUNIDEX for immune response score. Cardiometabolic Testing by Spectracell. Prediabetes Test. Lipoprotein particle testing to assess cardiovascular risk. It tests for the actual LDL particle count which gives your healthcare provider a more accurate assessment of cardiovascular risk especially in patients who have normal LDL values but low HDL and high triglycerides. With this test, patients with atherogenic profiles can begin to be treated before high cholesterol numbers from standard blood testing become apparent. LPP Plus: Lipoprotein Fractionation: Lipoprotein Particle Numbers Total Cholesterol HDL Cholesterol LDL Cholesterol Triglycerides hs-CRP Homocysteine Apolipoprotein A-1 Apolipoprotein B Lipoprotein (a) Insulin. LPP Basic: Lipoprotein Fractionation Lipoprotein Particle Numbers Total Cholesterol HDL Cholesterol LDL Cholesterol Triglycerides Lipoprotein (a) This test measures the biomarkers that can identify your risk towards developing diabetes. Insulin Glucose HemoglobinA1c C-peptide Adiponectin Leptin hs-CRP Triglycerides HDL Cholesterol. Functional Blood Chemistry Analysis: Routine blood work is analyzed through functional ranges to assess risk for disease before disease develops. The pathological range is used to diagnose disease. For example, levels above the pathological range for glucose is diabetes but levels outside the functional range for glucose and still within the pathological range may indicate insulin resistance and future risk for developing diabetes. In this scenario, preventative medicine can be practiced such as lifestyle, diet, nutrition, and other noninvasive therapies. Heart Rate Variability Testing and Fitness Assessment: Fitness assessment is based on a simple 4-5 minute lying to standing test. This test provides a measurement of the level of physical fitness based on the level of heart rate variability (HRV). Heart rate variability is a physiological phenomenon in variation of the time intervals between heart beats.

Assessment based on heart rate variability analysis is a way to accurately evaluate fitness and the overall functioning of the body. The assessment can be used to: Obtain a baseline fitness level. Monitor progress of your fitness training program. Note any changes in the fitness condition. Immediately interpret test results. Evaluate any individual ranging from professional athletes to the elderly. The Fitness Score. Our fitness depends on the ability to mobilize the body's resources in response to physical stress. The fitness score is a combination of Functional capacity and Adaptability levels. Functional capacity is a fitness score component that reflects how well one's body functions as a whole system. It is an indicator of general well-being, and may vary in response to stress and changes in lifestyle. Adaptability is a measure of efficiency of the cardiovascular system in response to physical activity. The “stronger” one's cardiovascular system, the higher is the level of adaptability. Adaptability can significantly improve with the right exercise program as well as with diet. FIT (Food Inflammation Test): This test is used to identify delayed food sensitivities by measuring both IgG and complement together to determine the “problem” foods which then can be eliminated from the diet. The FIT test screens up to 132 of the most common foods and food additives. Knowing which foods you are sensitive to can be very helpful in improving a variety of symptoms that you may be experiencing such as headaches, digestive complaints, brain fog, etc. Adrenal Stress Index: The adrenal stress index is a non-invasive way to help evaluate the effects of stress on your body. It can be used to: Help identify possible causes of excessive fatigue. Identify underlying reasons for chronic infections including sinusitis and other recurrent respiratory infections. Identify possible reasons why you may have difficulty falling asleep or staying asleep. Monitor how your body deals with pain and inflammation. Bone Health Panel: The bone health panel provides an assessment of bone health utilizing a combination of non-invasive saliva and urine tests. It measures how fast bone is being lost and the hormone levels associated with maintaining bone density. Female Hormone Panel: The cycling female hormone panel is a non-invasive test consisting of eleven saliva samples collected at specified times throughout the menstrual cycle. The test is most applicable to cycling women with any of the following conditions: Weight gain Functional infertility Osteoporosis Endometriosis and ovarian cysts Fibroids and fibrocystic breasts Increased risk of breast cancer Recurrent cycle-related symptoms and irregularities, such as PMS, migraines, breast tenderness, emotional and cognitive issues, insomnia and spotting. Post- and Perimenopause Panels. The Postmenopausal Hormone Panels use accurate, noninvasive salivary testing to evaluate hormones that play a role in female reproductive function. These tests provide insight into factors that may contribute to common menopausal symptoms and are useful for monitoring hormone levels in women on bioidentical hormone replacement therapy. The Postmenopause Hormone Panel (PostM) uses a single saliva collection and is ideal for women who no longer have menses (> 1 year). The Perimenopause Hormone Panel (PeriM) uses two saliva samples collected about two weeks apart and is the preferred test for women experiencing early signs of menopause such as infrequent or unpredictable menses. Male Hormone Panel. The male hormone panel uses non-invasive testing to assess hormone imbalances and deficiencies in the androgen (male) hormone pathway. The test is most applicable to men with any of the following conditions: Decreased muscle mass and strength.

Decreased vigor or low energy Decreased libido Insomnia Nervousness and depression Hair loss. Small Intestinal Bacterial Overgrowth (SIBO) Breath Test. Small Intestinal Bacterial Overgrowth can be diagnosed by taking hydrogen or methane breath samples over a 3 hour period in the office or at home. SIBO is an of overgrowth of various types of bacteria that should normally be found in the large intestine and can cause symptoms of abdominal pain, bloating, gas and diarrhea. Once diagnosed, an appropriate treatment can be administered."

020. ND Wolf Pages at newenglandcenterfornaturalmedicine.com

a) from newenglandcenterfornaturalmedicine.com/about-dr-wolf2.html:

"ABOUT DR. WOLF. Dr. Cyntheia Wolf, founder and director, is a board-certified and licensed naturopathic physician. She holds a Medical Doctorate degree from the University of Bridgeport's College of Naturopathic Medicine, Master of Science degree from the University of Wisconsin, and a Bachelor of Science degree from Marquette University. As a complementary and integrative physician, Dr. Wolf believes that there must be a partnership between the patient and the physician for true personal healing to occur. During nearly a decade of living in Asia, Dr. Wolf developed an appreciation for the acquisition and maintenance of optimal health through a balanced life - physically, mentally, and spiritually. Her methodology is to develop customized treatment plans for each individual patient, by integrating evidence-based natural medicine into a patient's personal medical profile. "The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease." Thomas Edison."

b) from newenglandcenterfornaturalmedicine.com/why-natural-medicine.html:

"WHY INTEGRATIVE NATURAL MEDICINE? -THE PROCESS INCORPORATES SCIENCE AND NATURAL HEALING MODALITIES -IT IS INDIVIDUALILIZED MEDICINE FIND THE CAUSE TREAT THE CAUSE PREVENT THE CAUSE INTEGRATIVE PROCESS As an holistic and alternative physician, Dr. Wolf combines science with natural remedies - implementing the following steps to help you reach your best health: FINDING - The underlying cause TREATING - And removing the cause PREVENTING - The cause INDIVIDUALIZED MEDICINE The center is based upon the concept of personalized medicine. In formulating the best treatment for each patient, Dr. Wolf treats not only the disease but also but also the whole person. The intent is to help you: REACH AND SUSTAIN YOUR BEST HEALTH. Health Vitality Sense of Well-Being Mental Balance."

c) from newenglandcenterfornaturalmedicine.com/is-naturopathic-medicine-right-for-you1.html:

"IS NATUROPATHIC MEDICINE RIGHT FOR YOU ? Before you make your initial consultation with Dr. Wolf, try to answer the following questions to determine whether naturopathic treatment is right for you. Are you tired of feeling unwell, but don't know what to do? Do you want a better understanding of your present state of health? Are you sensitive to, and concerned with, side effects caused by drug

treatments. And, would you like to minimize those side effects? Would you like a partnership with your doctor to build a medical regimen in order to reach optimal wellness? Do you know your nutritional deficiencies? If no, would you like to know them? Would you like to derive positive health benefits from the foods and supplements that you regularly take? Do you want a doctor who treats you as a whole person, and not only a disease to cure? If your answer to any of these questions is "Yes!", then naturopathic medicine may be appropriate for you.”

d) from newenglandcenterfornaturalmedicine.com/benefits.html:

“BENEFITS OF NATUROPATHIC MEDICINE HOW CAN YOU BENEFIT FROM NATUROPATHIC MEDICINE? IT provides you A GUIDEPOST TO NATURAL HEALTH & HEALTHY LIVING by OFFERING: A Path to an Optimal State of Health - In Naturopathic Medicine we treat the whole person, not just the symptoms. The ultimate objective is for the patient to reach his or her optimal state of wellness A Customized Individual Health Strategy - in partnership with the patient a customized health strategy is developed in order to maintain optimal health. A Benign Treatment Strategy - First and foremost, naturopathy's credo is "Do No Harm." Hence, side-effects are minimized. Medical Cost Reduction - A customized health strategy, tailored to your needs, is the foundation for maintaining a healthy state. Hence, in the long run, costly medical intervention (hospital stays, drug costs, etc.) as well as lost time due to sickness can be minimized. PRINCIPLES OF NATUROPATHIC MEDICINE Principles of naturopathic medicine form the foundation upon which the naturopathic physician develops the treatment plan to restore health and maintain wellness. Those important principles are: The Healing Power of Nature: "Vis Medicatrix Naturae: Naturopathic Medicine understands that the body has the inherent ability to heal itself. The physician, by helping to remove the obstacles to healing facilitates the process of self-healing. Identify and Treat the Cause: "Tolle Causam" Symptoms are manifestations of illness -- not the cause. Symptoms can return. However, by finding and treating the cause, naturopathic medicine helps you reach your best health. Above All, Do No Harm: "Primum No Nocere" For optimum diagnosis and treatment, naturopathic physicians utilize both science and nature. The most efficacious protocols that minimize risks of suppression and harmful side-effects are incorporated in your treatment plan. Treat the Whole Person: "Tolle Totum" In naturopathic medicine the disease is not the focus. All that affects you can affect your underlying health. Naturopathic physicians, in addressing the underlying causes, work to restore health and a sense of well-being to the whole person. Doctor As Teacher: "Docere" The naturopathic physician's ultimate goals are to help you understand your health challenges and then learn how best to reach and maintain consistent wellness. Prevention In helping you better understand your own body (e.g. inherited risk factors, lifestyle impact, etc.) the naturopathic physician can provide you with tools to maintain optimum health and avoid preventable conditions.”

e) from newenglandcenterfornaturalmedicine.com/conditions-treated2.html:

“CONDITIONS ADDRESSED BY NATUROPATHIC MEDICINE New England Center For Natural Medicine is a wellness clinic. Hence, the ultimate goal is the optimal

functioning of all of the organ systems of the body. Preventive healthcare is the first step on the road towards long-term health. In addition to providing primary healthcare for both women and men, Dr. Wolf specializes in addressing the following medical issues naturally: Autoimmune Conditions Anxiety and Stress Management Dermatologic conditions Fatigue and Age-Related Conditions Gastrointestinal Disorders Insomnia Joint Health Natural and Safe Weight Loss Normal Blood Pressure Support Normal Blood Glucose Support Pain Management Post-Viral Syndrome Respiratory Disorders ALTHOUGH IT IS NOT COMPLETE, FOLLOWING IS A LIST OF SOME OF THE SPECIFIC CONDITIONS ADDRESSED BY NATURAL PROTOCOLS: WOMEN'S HEALTH - REPRODUCTIVE & POST-REPRODUCTIVE HEALTHCARE PMS, Menopause, PCOS Decreased Libido, ETC. AUTOIMMUNE DISORDERS: Natural treatment of autoimmune disorders such as lupus, RA, Scleroderma, MS, Chronic Fatigue - to name a few. GASTROINTESTINAL DISORDERS: Constipation, Diarrhea, IBD, IBS, GERD, Gas/Bloating. INFECTIOUS CONDITIONS: Colds/Flu, Bronchitis, Sinus Infections, Lyme disease, etc. CARDIOVASCULAR: Natural treatments to support cardiovascular health. ENDOCRINE SYSTEM: Natural treatment of endocrine system disorders such as Adrenal fatigue and Weight irregularities. JOINT CONDITIONS: Natural and alternative support of musculoskeletal conditions such as Arthritis and OA.”

f) from newenglandcenterfornaturalmedicine.com/therapies-used3.html:

“THERAPIES USED Find Your Path Towards Improved Health Because treatments are customized, Dr. Wolf uses a variety of therapies to successfully treat both acute and chronic health conditions. Naturopathic Medical Therapies and Services CLINICAL NUTRITION DIETARY PROTOCOLS VITAMIN THERAPY COUNSELING SAFE & NATURAL WEIGHT LOSS PROTOCOLS DIET ANALYSIS DETOXIFICATION CLEANSING PROGRAMS HERBAL MEDICINE HOMEOPATHIC MEDICINE CHINESE MEDICINE HYDROTHERAPY AYURVEDIC MEDICINE AROMATHERAPY WELLNESS PACKAGES ARE AVAILABLE FOR PATIENTS WHO WISH DR. WOLF TO, NOT ONLY DIAGNOSE THE CONDITION(S) AND TREAT THE CONDITIONS, BUT ALSO ACT AS COACH TO ASSIST IN GOAL ATTAINMENT Contact the Office for a wellness package suited to your concerns.”

g) from newenglandcenterfornaturalmedicine.com/naturopathic-education2.html:

“A NATUROPATHIC EDUCATION Licensed naturopathic physicians in the United States have the following credentials:. - An undergraduate degree (e.g. a B.S. degree, a B.A. degree, etc.) including the standard science courses required for acceptance to medical school . - A doctorate of naturopathic medicine degree (N.D.) from one of the five accredited four-year naturopathic colleges in the United States. A naturopathic curriculum follows that of an orthodox medical school with additional emphasis in natural therapeutics' training (e.g. homeopathy, hydrotherapy, medical herbalism, etc.) SCIENCE + NATURE = OPTIMAL HEALTH.”

021. ND Espinal Pages at pronaturalwellness.com

a) from pronaturalwellness.com/philosophy:

“Our Philosophy as Naturopathic Doctors. The ProNatural Wellness team takes a different approach to their patient’s health than traditional health care does. Our team of Naturopathic doctors aims to heal the whole person (mind, body, and soul). We do this by assessing the patient’s entire lifestyle and creating a plan to help their body heal itself by making changes to diet, and daily habits, and with the aid of natural vitamins and supplements. Because we want what is best for your overall health, we are happy to work with your current primary care physician (PCP) or healthcare specialists in your network of care. We work with multiple insurance companies and are now accepting adult patients on Medicaid (also known as Husky Healthcare or Husky Health) for a full list of insurance companies that we work with, please visit our insurance page. If you’re looking for a naturopathic doctor or holistic healthcare in Berlin, New Britain, Middletown, Newington, Cromwell, Southington, Rocky Hill, Bristol or Plainville, consider scheduling an appointment with us today. Learn more about Naturopathic Medicine here [AANMC link]. Naturopathic Medicine Can Successfully Address Common Conditions. Flus and Viruses – Cases of the flu and other viruses can take their toll, especially in this era of COVID-19 and especially with seniors and/or those with pre-existing conditions. We address these diseases by allowing your immune system to function properly by strengthening it with supplements and nutraceuticals. Type 2 Diabetes – Actually, Type II Diabetes doesn’t have to be a life sentence. With the proper care, you can see dramatic decreases in your A1C levels back to the normal range. (Learn more about diabetes here.) Gastrointestinal Issues – Your GI tract relies upon a complex balance of biochemical processes to function properly. If it doesn’t function properly it can adversely affect other areas of your health. Naturopathic Doctors have many tests that can help them restore the proper balance in your GI System. (Learn more about GI conditions here.) Thyroid Conditions – Naturopathic doctors address thyroid conditions by treating the cause of the condition, not just the symptom. We do this by assessing your current condition and addressing it with diet adjustments, supplements, and if applicable addressing a patient’s autoimmune system. (Learn more about thyroid conditions here.) [Cleveland Clinic links].”

b) from pronaturalwellness.com/about-us:

“Better Health Care is Our Mission. At ProNatural Wellness, we take a holistic approach to your health. The “traditional” medical approach most often waits until you exhibit symptoms and then treats those symptoms with pharmaceuticals. Our approach is different. We believe that nature has given your body the capacity to heal itself. Unfortunately, this ability gets compromised by many factors over time, particularly lifestyle and nutritional choices. We address that by restoring your body — and particularly, your immune system —back to the way nature intended by using customized regimens of supplements and nutraceuticals along with lifestyle and nutritional changes. At ProNatural Wellness, we don’t only treat your body, we treat the entire person. In addition to naturopathic physicians, our group includes APRN’s, acupuncturists, chiropractic doctors, psychology services, life/health coaching, massage therapy, cranial sacral therapy and homeopathic treatments. We are dedicated to keeping all of our patients healthy in body, mind and spirit […] Supplement Categories: Antioxident Blood Sugar Balance Bone Health

Cardiovascular Health Children’s Health Digestion General Wellness Immune Health Liver Support Stress Management Thyroid Health Vitamin C Women’s Health 1263 Berlin Turnpike Unit B Berlin, CT 06037 (860) 829-0707 ph (860) 829-0606 fx info@pronaturalwellness.com.”

c) from pronaturalwellness.com/health-literacy-and-naturopathic-care:

“You’ve probably heard the phrase “health literacy,” but what does it mean? How can health literacy empower you to take control of your wellness journey? According to Healthy People 2030, which outlines the U.S. government’s current objectives for the health of our nation, health literacy means “the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.” Let’s break that down to help you better understand health literacy and naturopathic care. Finding Information. In health literacy, the ability to find information refers to sourcing accurate, reliable, and comprehensive information on health. There is so much wellness content on the internet, and it can be overwhelming to sort through it. Furthermore, much of it is inaccurate and lacks sources. You can’t always believe what you read, especially online. So how do you find the right educational information? Here are a few tips to get started: Start by looking at the website domain type. Web addresses ending in .edu and .gov are most likely to present evidence-based information. Next are .org websites, which are typically owned by nonprofits. Websites ending in .com vary widely. Find out who’s publishing the content on the website. Are they an expert in their field? Do they have background in the subject, degrees, or certifications? Does the publisher of the website have an agenda? For example, are there financial incentives that could bias the information they’re presenting? Remember, books are also an option for learning! Talk to your local librarian for recommendations on the subject you’re researching. Again, check the expertise of the writer before taking what they say at face value. Understanding Information. Some health topics are very complex. Academic studies are often densely worded, and learning how diseases and treatment work can require a lot of background reading. So how do you make sense of the information once you have accessed it? If you find a study on the subject you’re researching, look for coverage of it on university websites or healthcare news sources. These may contain easier-to-understand summaries of the findings. Ask your healthcare provider for clarification. Medical professionals know how to read and interpret studies, and can help you understand what your source is saying in plain language. If you don’t understand something, remember that you can always look it up! For example, say you’re reading about cancer prevention, and you aren’t sure what a medical term is. Do some additional research on that subject to improve your understanding. If you’re researching a recent diagnosis, you may feel emotional, which can affect your ability to interpret information. If you start feeling overwhelmed, take a break and do something calming. Using Information. Now that you’ve found information and educated yourself, it’s time to use that learning to improve your health. There are many situations where health literacy can help, such as: Trying to figure out insurance coverage Evaluating the risks and benefits of a particular treatment Filling out paperwork for services like disability payments Knowing which questions

to ask your healthcare provider Making medical decisions for dependents Taking medications correctly Choosing a healthcare provider. Understanding your medical records. Healthcare literacy is important not only for treatment of disease but for everyday health practices and preventive medicine. Healthcare Literacy with ProNatural Wellness. The expert providers at ProNatural Wellness are here to help you find, understand, and use healthcare information. Not only can we provide you with credible educational sources, we can answer any questions you have about health literacy and naturopathic care. Give us a call at (860) 829-0707 or stop into our office at 1263 Berlin Turnpike, Unit B, Berlin, CT to make an appointment today."

d) from pronaturalwellness.com/how-naturopathic-and-conventional-care-work-together:

"Many people believe that naturopathic and conventional (allopathic) medicine are at odds with each other, but this is a myth. Naturopathy complements conventional medicine. Naturopathic care is regularly used in conjunction with allopathic care. This is commonly referred to as "integrative health," meaning that different types of healthcare are combined to create the best possible outcome for the patient. There are endless ways that naturopathy is used to complement conventional medicine, from cancer prevention to chronic illness management. Cancer Prevention and Care. Naturopathic medicine, which focuses on a holistic approach to keep the entire body healthy, can have a big impact on cancer risk reduction. Your naturopathic physician may help you make lifestyle changes, such as better nutrition and increased physical activity, while your allopathic provider may provide you with a prescription to help you stop smoking or lose weight. Naturopathic interventions can build upon the treatments prescribed by an allopathic physician, and vice versa. In the case of cancer care, allopathic treatments like chemotherapy are almost always necessary, but can be very tough on the body. Naturopathic treatments can help reduce the side effects of these treatments. Certain supplements can combat nausea, and nutritional plans can improve the patient's ability to bounce back after treatment. Insulin Resistance and Diabetes. When a patient receives a diagnosis of insulin resistance or diabetes, they usually work with an endocrinologist for treatment. They will likely need insulin and regular blood testing. When combined with a naturopathic approach, patients can achieve superior results to allopathic methods alone. Nutrition and exercise plans focusing on total body health can help with diabetes management, and even reverse the disease. Surgery Recovery. Naturopathic medicine can also help treat injuries. Sometimes, natural interventions like massage or soundwave therapy (like StemWave) alone can help the body heal an injury; other times, allopathic treatments like surgery are necessary. When this is the case, naturopathy can be invaluable to the healing process. Pre-operative care prepares the body before undergoing the tissue damage associated with surgery. Commonly, Vitamin C is used to get the body ready to rebuild tissue. There are also many postoperative naturopathic treatments. There is evidence that acupuncture, for example, can reduce postoperative pain. The use of naturopathy alongside the treatments prescribed by an allopathic physician can lead to shorter healing times than

allopathic care alone. You don’t have to choose one or the other! All over the world, people combine allopathic and naturopathic medicine for optimal health. They complement each other, leading to better health outcomes than each alone. When a patient seeks an integrative approach, treatment is more holistic, comprehensive, and effective. Are you interested in incorporating naturopathic care into your life? Give ProNatural Wellness a call at (860) 829-0707, or stop into our office at 1263 Berlin Turnpike Unit B, Berlin, CT. Sources: Mayo Clinic, NIH (1, 2), UCLA, Integrative Naturopathic Medicine Centre, StemWave.”

e) from pronaturalwellness.com/integrating-all-the-alternatives-in-medicine:

“The time for truly integrated medical practices has come. Places where the health care gets back to being about the patient and not about the profits. A medical community that emphasizes prevention, uses many modalities, first using least invasive of medical treatments and includes western medicine as one of many “alternatives”. A community effort to learn and teach. In today’s Naturopathic Medical Schools, medicine from many cultures and medical schools, including what is often called “Western” Medicine,” where the focus is on pharmaceuticals, is taught to the students of Naturopathic medicine. The types of medicines are often referred to as modalities. From botanical medicine of the Native Americans and many other cultures as far back as Hippocrates, to Traditional Chinese Medicine including Acupuncture, Homeopathy, physical medicine similar to chiropractic medicine, Osteopathic Medicine, Physical Therapists and massage therapists. Dr. Aresco, Naturopathic physician. Food as medicine as the dietitians are taught, counseling helping people understand how the mind can be a driving force in health of the patient including spirituality. All in the holistic health care model of treating the cause and connecting the different modalities for the patients better health. These are all taught at the Naturopathic Medical schools. It is an education of many types of medicines found to be effective through a millennium of medical practices and across many cultures. Naturopathic Doctors learn that it takes a posse of practitioners using each other’s strengths to treat patients more effectively. This is better than having one individual practitioner, with one philosophy and one type of education and only one treatment modality. The goal of ProNatural Physicians Group is to change the way people think about “Health Care.” True “Health Care” is eating real whole foods, getting good sleep, and exercising regularly. Patients should think of everything else as “disease care” that requires more than one modality, a posse of sorts to get back to a healthy condition. Changing your health may mean changing the way you think about “Health Care.” This is a revelation that will change medicine – across the country. Many western medicine practitioners are beginning to see that just prescribing a medication isn’t solving patients’ health issues. It takes all types of alternatives to truly lead patients to health and wellness. In the process the patient also should learn what they need to do for their own health care. This is an essential part of medicine and should be as the Latin translation of “doctor” is to teach. Written by Dr. Ann Aresco, the founder of ProNatural Physicians Group in Berlin. Our medical practice consists of NDs who are trained in naturopathic and traditional medicine. We care for the patient, focusing on overall health, wellness and prevention. ProNatural Physicians Group also

include, counseling, homeopathy, massage therapy, acupuncture and a full line of nutritional supplements.”

f) from pronaturalwellness.com/our-team/dr-martin-opoku-gyamfi:

“Dr. Martin Opoku Gyamfi. Medical Doctor, Naturopathic Physician. Dr. Opoku is a Medical Doctor, and Naturopathic Doctor. He received his Doctor of Medicine degree from River Plate Adventist University School of Medicine in Argentina, and his Doctor Of Naturopathic Medicine degree from the Canadian College of Naturopathic Medicine, in Toronto Canada, making him uniquely qualified as an integrative medicine practitioner. When not working or giving a talk, Dr. Opoku enjoys spending quality time with his wife and three small children, as well as getting his weekly spiritual renewal in church. Dr Opoku speaks six languages and he likes to exercise his language skills through traveling. He also enjoys running, hiking, soccer, researching and having a good chat with friends. Specialty. In addition to general integrative medicine, Dr. Opoku has special interest in Gastro Intestinal disorders, (such as GERD, IBS, Crohns, ulcerative colitis), Cardiovascular diseases (such as hypertension, heart disease and high cholesterol), Mental health (Anxiety, depression, stress, sleep and other mood disorders), Diabetes Management and reversal, and drug free pain management. Schedule an Appointment. Approach. With clinical and research experience from Argentina, Canada, Mexico and USA, his philosophy of health is that; disease does not just happen, and good health comes by choice not by chance. Unique Framework. Dr. Opoku sees his patients as partners and works with them using evidence based nutritional and natural, as well as other integrative approaches to prevent, arrest and reverse ill health by seeking and treating the root cause as much as possible. He is a big believer in wellness education and he has lectured on University campuses, and to various groups and congregations in different states here at home, as well as in Mexico, Argentina and Canada. He also gives regular health talks which are broadcast across North America and Europe as well as participating in medical missions in six countries, on four continents.”

022. NDs Brady, Breiner, Sokolova Pages at wholebodymed.com

a) from wholebodymed.com/staff/dr-adam-breiner-nd:

“Dr. Adam Breiner, ND. ABOUT DR. ADAM BREINER. Dr. Adam Breiner, ND is a naturopathic physician. Dr. Breiner is the first physician in the State of Connecticut to offer Hyperbaric Oxygen for the treatment of Lyme, Stroke, Autism, ADD/ADHD, TBI, and other neurological conditions. Naturopathic physician, Dr. Adam Breiner, has helped patients with a wide variety of neurological conditions utilizing cutting-edge techniques and technologies including Hyperbaric oxygen therapy, EEG neurofeedback, and Frequency Specific Microcurrent (FSM), BioMagnetism, and TruDose Therapy for over twenty years. He has had the privilege of working with many of the pioneers in these fields, including Dr. Richard Neubauer, the father of hyperbaric medicine for neurological conditions, and Dr. Margaret Ayers, inventor of the world’s first Real-Time EEG and pioneer in the field of neurofeedback. In addition to neurological conditions, patients from NYC, Connecticut, and New England seek out Dr. Adam Breiner for his natural and cutting-edge approaches in the treatment of Lyme Disease and other complex conditions. Schedule an appointment, THE NEUROEDGE IN FAIRFIELD, CT, Dr. Breiner has taken advanced training in Neurofield with Neurofield creator, Dr. Nicolas Dogris. The Neurofield utilizes a very targeted approach to help the brain “re-wire” by a utilizing transcranial magnetic and electrical stimulation based on a person’s EEG and is combined with customized neurofeedback protocols. Dr. Breiner also trained in TBI Therapy protocol with Dr. John Hughes, who holds the patent for this procedure. The TBI Therapy protocol utilizes activated PRP (platelet rich plasma) and Stem Cells, in combination with hyperbaric oxygen and other modalities for brain injuries and cognitive enhancement. He has studied numerous post-graduate educational courses, including training Dr. Deitrich Klinghardt in healing the brain and Lyme Disease. Also, he has studied with Dr. Vincent Speckhart in utilizing advanced EAV (Electro-acupuncture according in Voll) diagnostic techniques to help to detect advanced pathologies and toxicities. He memberships include Connecticut Naturopathic Physician Association (CNPA), Undersea and Hyperbaric Medical Society (UHMS), International Society for Neurofeedback and Research (ISNR). DR. ADAM BREINER INTERVIEWS. Dr. Breiner has spoken at The International Hyperbaric Medical Conference on New Frontiers in EEG and Neurofeedback – Enhancing the Results of Hyperbaric Oxygen Therapy. He has also lectured on the topic of cutting-edge natural therapies for Lyme Disease. He was a co-host of the radio show Living Green, Living Healthy at WCGH AM broadcasting from Greenwich Connecticut. Dr. Adam Breiner has been featured in both print and online publications for his expertise in brain injuries and concussions. These publications include NewsMax Health, Chicago Tribune, Kansas City Star, Sacramento Bee, Exceptional Parent, TBI Help Line, Fairfax County Times, HealthNewsDigest, and numerous other publications throughout the country. He has also been a guest on radio shows across the country discussing student-athletes, concussion prevention, and treatment. Radio Interviews include Kiss FM Radio, Cumulus Cares Radio, Positive Parenting with Mr. Dad, and others. He has appeared on Connecticut television WTNH – TV, Good Morning Connecticut Weekend. Dr. Breiner has also been a

feature interview on the topic of Innovative Treatments for Lyme Disease in various publications and radio shows including Las Vegas Review-Journal, Fairfax County Times, Town Times (CT), The Missourian, Natural Solutions Publication, Magazine, Spirit of Change, The Honey Colony, and Lyme Talk Radio, Just for the Health of It, The Dr. Pat Show, and others. SCHEDULE AN APPOINTMENT WITH DR. ADAM BREINER. Dr. Breiner has also been interviewed in both print publications and radio shows on the topic of Vitamin C and viruses; Prevention and Treatment Options Nobody is Talking About. He has been featured in Alternative Magazine, We Magazine, and The Natural Health Directory. He has been interviewed on the iHeartRadio Tom Roten Morning Show, Ringside Politics in New Orleans, and Suncoast Live from Tampa, Florida."

b) from wholebodymed.com/staff/david-brady-nd:

"Dr. David M. Brady almost 30-years of experience as an integrative practitioner and over 25 years in health sciences academia. He is a licensed naturopathic medical physician in Connecticut and Vermont, is board certified in functional medicine and clinical nutrition, and is a Fellow of the American College of Nutrition. He was the long-time vice president for health sciences and director of the Human Nutrition Institute at the University of Bridgeport in Connecticut, where he continues to serve as an associate professor of clinical sciences. He maintains a private practice, Whole Body Medicine, in Fairfield, CT (USA). Dr. Brady is also the Chief Medical Officer for Designs for Health, Inc. and Diagnostic Solutions Labs, LLC, and is an expert consultant to the nutritional supplement and clinical laboratory industries. Dr. Brady is one of the foremost authorities on properly diagnosing and treating fibromyalgia, has been featured in top popular media including Dr. Oz, ELLE and NPR; has published in leading peer-reviewed medical journals including Open Journal of Rheumatology and Autoimmune Disease and Integrative Medicine: A Clinician's Journal. He is an internationally sought-after presenter on nutritional, functional and integrative medicine. He has appeared on the speaking panel of some of the largest and most prestigious conferences in the field including; IFM, ACAM, A4M, IHS, AANP, AIHM, IAACN, ICC-CIM and many more. Dr. Brady has published a multitude of peer-reviewed scientific papers and textbooks related to chronic pain, autoimmunity and functional gastroenterology and is a featured contributing author in the medical textbooks; Advancing Medicine with Food and Nutrients-2nd Ed. (Kohlstadt I, CRC Press, Boca Raton, FL, 2012), Integrative Gastroenterology (Mullin G, Oxford Press, Weil Integrative Medicine Library, New York, NY, 2011) and Laboratory Evaluations for Integrative and Functional Medicine - 2nd Ed. (Bralley JA, Lord RS, Metametrix Institute. Duluth, GA. 2008). His latest Amazon best-selling book, The Fibro-Fix, was published by Rodale and released in July of 2016. Dr. Brady has been a feature expert interview on the Dr. Oz blog on the topic of Fibromylgia. Dr. Brady see patients at Whole-Body Medicine in Fairfield, CT."

c) from wholebodymed.com/staff/elena-sokolova-md-nd:

"Elena Sokolova, ND. Whole Body Medicine in Fairfield, CT. Elena Sokolva MD, ND - Naturopathic Physician in Fairfield, CT. Elena Sokolova, MD, ND is a graduate of the

prestigious First Medical Institute in St. Petersburg, and of the University of Bridgeport School of Naturopathic Medicine. Currently licensed and practicing exclusively as a Naturopathic Physician in Fairfield, CT, she previously spent eighteen years as a practicing physician in the former Soviet Union and Russia. Dr. Sokolova was a primary care physician in the St. Petersburg Hospital and went on to become Chief Medical Consultant in holistic medicine for "Enrich-International." She has advanced certifications in Botanical medicine, Homeopathy, Valeology, Family Medicine, Massage Therapy, and Physical Therapy. Dr. Sokolova has published numerous articles and has lectured to professional and lay audiences throughout Russia and The United States. Dr. Sokolova. Dr. Sokolova was recently voted 10BEST for both the 2018 Readers Choice Awards and 2019 Readers Choice Awards in Natural Nutmeg magazine for the category of Traditional Chinese Medicine. At Whole-Body Medicine, Dr. Sokolova utilizes Chinese medicine, botanical medicine, homeopathy, visceral or abdominal manual therapy, metabolic typing, custom designed weight-loss programs, and other healing modalities to help her patients with a wide range of health concerns. Patient's seek her care for her natural approaches to women's health issues. How to Stay Healthy During the Flu Season | Dr. Sokolova. Read Reduce Stress and Balance Hormones Naturally by Dr. Sokolova. Female Sexuality and Whole Body Health – A Natural Approach to Help Restore Female Health and Sexuality. Viseral Manual Therapy by Elena Sokolova, ND."

d) from wholebodymed.com/medical/about-whole-body-medicine:

"WHOLE-BODY MEDICINE. Breiner Whole Body Health Center. Welcome to Whole-Body Medicine. We invite you to explore our website and learn about the art of Naturopathic Medicine. Through whole-body medicine, attain a higher level of health and wellness through natural healing modalities that work to enhance your bodies own ability to recover, renew, and revitalize. At our Whole-Body Medical center, we combine natural therapies and the latest in science to support and attain whole-body health. I encourage you to browse through the various cutting-edge services we have to offer our patients. You may also be interested in discovering the story behind "Whole-Body Medicine." The Story Behind Whole-Body Medicine. If one were to ask me, 'How did you come to start Whole-Body Medicine and the Breiner Whole-Body Health Center? I would have to go back many years to when I was a child. It was through me, as an often sick toddler, that my family was introduced to natural medicine. We began to learn and experience the path that eventually led me to become what I am today. From Surgery to Homeopathy . It seemed that I was forever stricken with middle ear infections. My parents did what many parents do when their child is sick; they took me to a pediatrician who prescribed continual rounds of antibiotics. I still can remember the late night servings of the 'pink stuff' (penicillin). The ear infections, however, were relentless and so the pediatricians and his colleagues determined that I should have tubes surgically placed in my ear drums. My parents were not too keen on the idea. It just so happened that at the time, a friend of my father gave him a book called the Organon of Medicine, by Dr. Samuel Hahnnemann [sic], the founder of homeopathy. My father, although traditionally trained from dental school, was intrigued and

convinced by the logic and scientific principles outlined in this book which is considered to be the authoritative account of homeopathic philosophy. Getting Better Can be Threatening. The 1970's were still a time when 'natural medicine' was looked upon as absolute voodoo! Questioning your doctor was almost unheard of. Despite threats from the pediatrician to report my mother and father to child services for not agreeing to the surgery to put tubes in my ears, my traditional parents instead brought me to a homeopathic physician. The homeopathic treatments worked instantly, without trauma or side effects and mercifully brought an end to the damaging cycle of infections. This was my family's first departure from the conventional medical model, and ever since they have always been forward-thinking. A Life Full of Learning. In the years following, my father, Mark A. Breiner, DDS brought me along on many of the seminars he attended. I got to see him learn and explore new frontiers in medicine and dentistry that few have dared traverse. I witnessed patients that were helped where no other relief could be found. I gradually became more educated and developed my philosophy of natural medicine. It is, therefore, safe to say that I have been studying natural medicine my whole life. Being a Revolutionary in College. During my undergraduate years at Binghamton University, I had the opportunity to do research with one of the professors in the biology department. He allowed me to try my ideas of using unconventional medical approaches to see if the outcomes of certain experiments could improve. Low and behold, it paid off! The research team found that my inclusion of certain natural ingredients enhanced the results of the formula they were looking into. For my part, I was thinking with the same out-of-the-box approaches that natural doctor's need to solve complex health issues all the time. The Path of the Naturopath. When I finally had to make my decision as to what type of medical school I was going to attend, the choice was obvious. I needed to go where I would be able to continue my growth in natural medicine and graduate a doctor that would be among peers of a similar mind set. Not one to shy away from a good challenge, I decided to enroll in the inaugural class of the brand new University of Bridgeport College of Naturopathic Medicine in Connecticut. While being in the inaugural class was exciting, and at times a trying experience, after a year and a half I decided to continue my training in Toronto at the Canadian College of Naturopathic Medicine. Education is Ongoing and into the Future. After five long and arduous years of medical school, my father and I began to plan a long time dream of ours: to open a clinic together. First, however, my first years as a young physician would be spent exploring new treatments from various luminaries. I discovered that there were technologies that could help the brain and body recover from illnesses that were always thought incurable. Therefore, I spent time learning about EEG Neurobiofeedback from the esteemed Dr. Margaret Ayers in California, and Hyperbaric Oxygen Therapy from world-renowned expert Dr. Richard Neubauer. I also spent time honing my skills in homeopathy and other quantum medicines such as Phototherapy. The Birth of the Breiner Whole-Body Health Center. With a goal in mind to create one of the most unique clinics in the country, we began to put together the concept for the Breiner Whole-Body Health Center. While state laws do not allow my father and I to go into business as one legal entity, we could still be under this same center with two distinct businesses: Whole-Body Medicine, and Whole-Body Dentistry. We wanted to create a place where the patient could

seek out unique advice and treatments unlike most anywhere else. As such, my father and I created a clinic where dentist and doctors treat your health concerns through a ‘whole-body’ approach. Our center is a warm and friendly environment that is conducive to promoting a sense of well-being. Since our inception, the Whole-Body team has continued to grow with the joining of Dr. Elena Sokolova, Dr. David Brady, Dr. David Johnston, colonic therapist, Rose Rees, and Reiki master, John D’Angelo. We hope to continue together, along with our loyal patients, in pushing the frontiers of natural medicine, and bringing the best Whole-Body approach to health and wellness. Sincerely Yours, Dr. Adam Breiner.”

e) from wholebodymed.com/medical/faqs-about-naturopathic-medicine:

“FAQ’s About Naturopathic Medicine. What is Naturopathic Medicine? Naturopathic Medicine is a natural or holistic approach to health care. When you visit our office, you will experience both traditional naturopathic medicine as well as cutting-edge naturopathic approaches. Our diagnostic screenings and laboratory testing that we offer are leading-edge. We deal with specialty labs and have diagnostic equipment not often found in other holistic or allopathic offices. We are also experienced in energetic testing that can be supported by traditional testing methods. What is an ND? ND stands for Naturopathic Doctor. Licensed and Board-Certified ND’s have extensive medical training from an accredited Naturopathic Medical Schools. ND’s must complete pre-med prerequisites prior to Naturopathic Medical School and often have other advanced degrees or post-naturopathic medical school training. You can read about each of our doctors, their background and training, articles they have written, videos, etc., on this website. The ND’s in our office have had pre and post Naturopathic Medical School training that includes Clinical Nutrition, Functional Medicine, Hyperbaric Oxygen Therapy, EEG Neurofeedback, TBI and Brain Rejuvenation Protocols, Chiropractic, Biomagnetism Therapy, Homeopathy, Traditional Chinese Medicine, Botanical Medicine, and more. What is your natural approach to health care? While many medical professionals utilize pharmaceutical drugs, Whole-Body Medicine has an entirely different approach. Combining naturopathic medicine, osteopathic medicine, energetic medicine, nutrition, intravenous therapies, hyperbaric oxygen therapy, and various methods to enhance brain function and whole-body health, Whole Body Medicine does not suppress symptoms as drug therapy does; instead, we seek to remove the impediments blocking your ability to heal and help the body recover according to the Naturopathic axiom “Vis Medicatrix Naturae” “The Healing Power of Nature.” Sometimes healing can be impaired due to obstacles such as toxins, chronic infections, and nutritional deficiencies, these are known as the “Obstacles to Cure.” These obstacles can also consist of bio-energetic imbalances, as well as mental or emotional obstacles. We seek to identify and remove those obstacles that are impeding your body from returning to optimal health. Is Naturopathic Medicine the same as Homeopathy? No. Naturopaths are trained in homeopathy, and they often use homeopathy and other modalities in helping their patients. Naturopaths have very comprehensive training in many subjects such nutrition, botanical medicine, physical manipulation, clinical diagnosis, physiology, pathology and other areas. Our office routinely uses many modes of energy medicine, homeopathy being one of

them Does Connecticut have a Naturopathic Board? Yes. Connecticut maintains a Naturopathic Medical Board. Advance Continuing Education is required. At this time Connecticut-based Naturopaths can order most diagnostic and laboratory tests, however, they do not prescribe drugs. What should I do prior to my initial visit? Complete your health forms; bring copies of any recent lab testing and type your health narrative as requested. If you are coming in for any type of brain or cognitive concern and will be having a baseline EEG (electroencephalogram), try to eat some protein and be well rested prior to your baseline. Arrive in advance of your scheduled appointment time. Please allow for unexpected traffic. What can I expect at my initial Naturopathic office visit? Depending on your health concern you may have been scheduled for a complete initial examination. This appointment is comprehensive and may take anywhere from 1-2 hours. You and your doctor will discuss your current health status and the goals you would like to achieve. Many patients are interested in fine-tuning and maintaining their health and vitality as a part of an anti-aging strategy. Others may have more serious ailments, ranging from neurological conditions to an unexplained decline in overall health and wellness. In addition to reviewing your medical history, a physical examination will be performed. Recommended diagnostic testing will be discussed and/or performed. Are all your first visit appointments this long? No. If you are coming to see us for a colonic, you will have a pre-colonic screening exam with a doctor and this appointment will be approximately 30 minutes. If you are coming in with a simpler health concern you may also have a shorter initial visit. The office staff will customize your appointment according to your needs. What can I expect at my first visit if I have had a head trauma such as a concussion, stroke or TBI? We offer a variety of cutting-edge therapies and diagnostic tools aimed at healing the injured brain and boosting brain performance. Diagnostics such as qEEG with sLoreta with Brain Imaging, Neurocognitive Testing, Balance Tracking and others help to assess your condition as well as aid in treatment planning. Your initial visit may take a different direction than someone else who has come to be treated for other health concerns that don’t involve head trauma. Do your doctors confer with each other as well as with other practitioners? Yes. One of the advantages to being part of a health center is the ability to bring in other practitioners to offer their expertise. You may be asked if one of our therapists or doctors can step in the room if their schedule permits and coincides with your visit. All patient health concerns are private and confidential. Additionally, we refer to practitioners from other specialties if indicated.”

f) from wholebodymed.com/medical/pulsed-electromagnetic-field-therapy-pemf:

“PEMF. PULSED ELECTROMAGNETIC FIELD THERAPY (PEMF). Healthy cells are the foundation for wellness and performance. Throughout our lives various factors (environment, poor diet, aging, physiological and/or emotional trauma etc.) challenge the integrity of our cells to do what they were designed to do. Left unchecked the loss of cell function starts a domino effect of diminishing health and (often) collateral disease. PEMF Snapshot • Battery charger for cells • Normalizes Membrane Potential (bio-energy) of cells • Deficient cells draw energy, constrict (force toxins out the PEMF energy in) • Healthy cells allow the energy to pass by

Using CLINICAL-LEVEL PEMF Devices • About 95% of people report pain relief, increased range of motion, more energy, greater sense of well being after 15 minutes • Hold improvement for 4 hours to 4 days How PEMF Works • Tiny electrical currents impulses interact throughout the cells of your body. • PEMF increases spin of the electrons, replenishing cell membrane potential (difference in electrical potential between interior and exterior of the cell) • PEMF recharges batteries: interacts with the Sodium/ Potassium pump (helps maintain cell energy and regulate cellular volume) and "boosts" it. • Improvements in cell membrane potential • Cell membranes "stacked polar lipids", 2 ends: – one fat soluble (or lipophilic) – one water soluble (or hydrophilic) • Fatty molecules self-organize in water. • Polar structure occurs: – net electron deficiency one part of the molecule – excess at the other. Some of the Effects of PEMF Energy • Atomic excitement – stimulates spin of electron; store energy up to 4 days • Molecules align slightly @ each magnetic pulse –molecules easier to combine, especially when excited. • pH becomes more alkaline –allows better O2 uptake suppresses harmful entities • Surface tension shift up to 16 fold – Fluids flow into cell gates much more efficiently or lymph to thin and flow. Oxygen Transport improves, an increased overall sense of well-being, pain reduction, decrease of toxins, better delivery of medicine or herbs, better nutritional uptake, better O2 flow, better cell function, better immune system. Call Us: 203-371-8258."

g) from wholebodymed.com/medical/ionic-foot-bath:

"IONIC FOOT BATH. Let's face it; we live in a toxic world. Pesticides, chemicals, petrochemicals, heavy metals, drugs, food additives and more, bombard our bodies daily. We live with toxins 24/7. If you have "silver" dental fillings (which are 50% mercury, a heavy metal), then you are breathing deadly mercury vapor that is inhaled and passes directly into your brain and also into your lungs and blood system to virtually all your body's tissues. Many other toxins that you are exposed to continue to reside within your body. Toxins damage cells and impair your body's ability to absorb nutrients and heal itself. Many of these toxins do not easily leave your body. Most of these toxins remain your body for years. SCHEDULE AN APPOINTMENT. There are various ways to detoxify and often it is advantageous to use more than one method. Eating clean foods, exercising, and trying to reduce your exposure to toxins will help; however, you need to address the toxins that continue to reside in your body. One added "tool" to help your body detoxify is an ionic foot bath. Wade Harfield, the owner, and manufacturer of the B.E.S.T. ionic foot bath observes that "The human body is energy. And the body needs energy to detoxify. A lot of times the body cannot fully detoxify because it doesn't have enough energy." An ionic foot bath can help your body absorb the energy it needs to begin the detoxifying process. You start the ionic foot bath process by placing your feet in a water bath. Next, a module device is placed into the water. This device connects to a power source that sits outside of the foot bath and supplies a direct current to the water module. This current sets up a reaction between the metals in the unit and the water. Salt is often added to help generate positive and negative ions. Ions are atoms that have gained or lost an electron. The negative and positive ions create a magnetic field. As the electromagnetic field of the body

increases, you begin to absorb the energy at a cellular level. The AMD company who manufactures The IonCleanse® writes that the IonCleanse system, “helps the body detoxify through the healing power of ions. Ions, because of their powerful charge, cleanse the body more effectively than any other method of detox. The process is safe, relaxing, and non-invasive, with no harmful side effects.” Their unit is designed to produce biocompatible frequencies that stimulate the body’s relaxation response, a crucial first step for detoxification. Over the course of the foot bath session, you will find that the water changes color. Part of the color change is due to the different properties present in the water itself interacting with the metal composition of the module. However, the charged water causes a “draw” from your body and toxins begin to release. Many practitioners who routinely use detoxifying foot baths for their patients, report various colors and flecks drawn into the water and that these multiple colors are an indicator as to which system or toxin is being affected. As you go through a series of foot baths, the colors will change with the progression of detoxification. Your detoxification process also continues through the urinary system, the colon, and the skin. SCHEDULE AN APPOINTMENT. Frequently Asked Questions About Ionic Foot Baths. Is there anyone who should avoid using an ionic foot bath? Pregnant women, women who are breastfeeding, anyone who has a pacemaker or an electronic device implanted in their body, anyone who has had an organ transplant and/or is taking immunosuppressant drugs, as well as anyone who is currently undergoing chemotherapy treatment should avoid an ionic foot bath. What will I experience during the session? You may feel some tingling in your feet or just warm relaxation during your session. We provide a glass of water with electrolytes for you to drink to enhance the effect of your session. What should I feel after the session? This varies from person to person. Some people report feeling relaxed and a better sense of wellbeing. Others report feeling tired, but after a night’s sleep then feeling energized. How often should I have an ionic foot bath session? In general, you should skip 1-3 days between sessions. You do not want to detoxify too quickly. There is no limit to the number of treatments one can do; however, most sources recommend not doing it daily. The IonCleanse company recommends that adults under 50 years of age can have a footbath 3 times per week, and adults over 50 years of age can have a footbath 2 times per week. After 12-14 sessions, take 10-14 days off. Then the cycle may begin again. In general, for maintenance, try to cleanse one time per week. Why should I have additional detoxifying foot baths? We are exposed to toxins every day. A base program plus lifetime maintenance will help your body to cleanse years of toxic accumulation and help to release further accumulated toxins. You can make an appointment with one of our integrative practitioners to assess and address your toxic load. Call Us: 203-371-8258.”

h) from wholebodymed.com/frequency-specific-microcurrent-fsm-therapy:

“Frequency Specific Microcurrent (FSM) Therapy Restore Your Health with Precision What is Frequency Specific Microcurrent? Frequency Specific Microcurrent (FSM) therapy utilizes low-level electrical currents that are precisely tuned to specific frequencies to target and heal various conditions. These microcurrents mimic the body’s natural electrical frequencies, promoting cellular repair and rejuvenation.

Craniocervical Instability Treatment How Does FSM Work? FSM therapy works by delivering specific frequencies to affected tissues, enhancing the body’s natural healing processes. The targeted frequencies help: Reduce inflammation Alleviate pain Accelerate tissue repair Improve cellular function The therapy is non-invasive, painless, and tailored to address your unique health needs. Frequency specific microcurrent Neurological Enhancements FSM has shown potential benefits for patients dealing with neurological challenges such as ADHD, Autism, and recovery from concussions and strokes. The tailored frequencies used in FSM treatments aim to enhance neurological function and accelerate recovery, offering hope and improved outcomes where conventional treatments may fall short. Environmental and Chronic Conditions Our practice has also seen positive outcomes in patients suffering from Mold toxicity and Lyme disease, conditions often resistant to standard medical treatments. By utilizing specific frequencies, FSM supports the body’s detoxification processes and immune response, providing a unique therapeutic advantage in managing these complex conditions. Inspired by the Wisdom of Nikola Tesla Nikola Tesla once remarked, “If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.” This insight underpins our approach to FSM, aligning with the natural frequencies of the body to promote healing. This method not only embraces Tesla’s understanding of the universe’s fundamental energies but also highlights how modern medicine can incorporate these age-old concepts to foster recovery and well-being. Benefits of Frequency Specific Microcurrent Therapy Pain Relief Chronic Pain: Effectively manages conditions like fibromyalgia, arthritis, and neuropathic pain. Acute Pain: Quickly alleviates pain from injuries, surgeries, and other acute conditions. Enhanced Healing Injury Recovery: Accelerates healing from sports injuries, fractures, and wounds. Neurological Injuries: Helps heal the brain and peripheral nerves from injury and impaired function. Reduced Inflammation Chronic Conditions: Eases inflammation associated with autoimmune diseases and chronic illnesses. Acute Injuries: Minimizes swelling and promotes faster recovery. Improved Mobility Joint Health: Enhances flexibility and reduces stiffness in joints. Muscle Function: Improves muscle strength and function. Overall Wellness Stress Relief: Promotes relaxation and reduces stress. Energy Boost: Increases vitality and overall sense of well-being. Improve cellular function Improve Cell Metabolism: Stimulates cells Improving the way they perform vital processes. Aid Cell Detoxification: With improved metabolism, Cells can remove waste more efficiently. Broadening the Healing Spectrum with FSM at Whole Body Medicine. At Whole Body Medicine, we’re pioneering the use of Frequency Specific Microcurrent (FSM) to address a wide range of health issues beyond pain and tissue repair. Our clinical experience has shown promising results in managing complex neurological conditions and symptoms arising from chronic environmental exposures. Who Can Benefit from FSM? FSM therapy is suitable for individuals suffering from a wide range of conditions, including but not limited to: Chronic pain disorders Sports injuries Post-surgical recovery Inflammatory conditions Fibromyalgia Neuropathic pain Neurological Injuries and Disorders Immune Dysregulation. Why Choose Breiner? At Breiner Whole Body Health Center, we are committed to providing personalized care tailored to your specific health needs. Our experienced practitioners use the latest FSM technology to ensure optimal results and a pathway to a healthier, pain-

free life. Book Your Appointment Today! Take the first step towards better health with Frequency Specific Microcurrent therapy. Contact us to schedule your consultation and learn how FSM can benefit you. Experience the future of healing with Frequency Specific Microcurrent therapy at Breiner Whole Body Health. Rediscover a life of comfort, mobility, and wellness. Follow Us: Disclaimer: The information provided on this page is for educational purposes only and is not a substitute for professional medical advice. Always consult with a healthcare provider for medical advice, diagnosis, or treatment."

i) from wholebodymed.com/medical/detoxification:

"Detoxification Why Detoxify? Detoxification is one of those buzz words often heard these days. What is all the hoopla about, and why would you even consider a detoxification protocol? Firstly, we are living in a time when we are exposed to more environmental toxins than ever before in human history; and our standard coping mechanisms are stressed from the overload. Secondly, the nutrients and other co-factors that typically aid the body in the detoxification process are entering our bodies in much smaller quantities than ever before. The doctors at Whole-Body Medicine help our patients remove the toxins from their systems and restore their optimal health. While each case is unique, the following is an overview of what you can expect from the Whole-Body Detox Plan. Detoxification is an essential step on the journey to better health and wellness. Digestion. We all lead busy lives, and most people tend to eat poorly to varying degrees. Eating the wrong foods is unhealthy and stresses our bodies. Therefore, it is essential to give the most critical organ system in your body a well-deserved vacation. We are speaking of none other than the digestive system. Day in and day out, your mouth, stomach, pancreas, small intestines, large intestines, and various glands breakdown and absorb the foods we ingest. These organs do their best, but between the refined carbohydrates and greasy saturated fatty foods, their task is a difficult one. Just as you like to kick back and take it easy at times, our body's digestive organs need to do the same. To accomplish this, you must remove foods that cause the most reactivity within the body, processed and refined foods, and sources of toxins, like pesticide-sprayed produce. This restricted diet, combined with individually selected supplemental support, helps the gut relax and heal. The Liver. The other major system that needs to be addressed is the detoxification system; this system includes the liver, skin, and lymphatics. Your liver, located under the right side of your rib cage, is the organ responsible for taking all environmental toxins (including food, medicines, environmental chemicals, etc..) and toxins released from normal cellular processes, and converting them into harmless by-products that get excreted in the feces and urine. Certain foods that you eat on your Whole-Body Detox Plan will make the liver's job a bit easier. Sometimes specific botanicals and homeopathic medicines may be used to stimulate the liver gently. Skin. Your skin is not just apart of your outer appearance; it is also another vehicle through which your body excretes toxins. While these toxins are excreted in the form of sweat, the skin is also absorbent. As you may already know, the skin can absorb certain medicines. It is, therefore, logical to introduce site-specific and natural nutrients by applying them to your skin. Whether or not you have skin-related issues, it is essential to take care

of your skin. Colon Health . To rid your body of toxins, you must have healthy bowel movements. If you are constipated, (you don’t go after just about every meal, i.e., 1-3 time per day), then the toxins your body should be excreting will accumulate on the colon walls. These toxins will eventually be absorbed into your bloodstream, a further insult to your body. To avoid these problems, we recommend that most patients undergo colonic hydrotherapy while detoxing. Colon hydrotherapy is a time-tested, safe, and gentle way to “clean house” and restore normal gut motility. Metabolic Individuality. Once you have completed the detoxification phase of your wellness plan, we can test to see what foods you should eat or avoid. For this analysis, we use a testing process called Metabolic Typing. The concept behind metabolic typing is the fact that one man’s food can be another man’s poison. Each has his or her unique biochemical metabolism. For example, not everyone who is osteoporotic needs to take calcium. For some, calcium may make their osteoporosis worse! Tailored To You. At Whole-Body Medicine, we recognize that every person is unique, and that not every part of the Whole-Body Detox Plan is appropriate for every patient. That is why we will tailor the plan to meet your specific needs. We may be more precise regarding which foods you should eat or avoid. The medicines we prescribe for you will focus on the goals unique to your case. If indicated, we may utilize other therapies at our clinic such as phototherapy or hyperbaric oxygen to aid the body in its healing process. In Conclusion. Please follow the doctor’s instructions as carefully as possible. Try to avoid significant stressors and try to prevent interruptions in your daily routine (like extended travel) while on the Whole Body Detox Plan. It is also essential to get the right amount of sleep each night. Sleep is your body’s time to heal, and that requires that you get enough rest. Breathing exercises and or meditation can also be a helpful way to bring your mind and body into a relaxed and healing state. One final note: Drink plenty of pure water. Eight to ten 8oz. glasses of water per day will help your body eliminate the toxins. Never drink tap water; drink filtered water or spring water. Whichever water you select, make sure it does not contain any added fluoride or chlorine. SCHEDULE AN APPOINTMENT.”

j) from wholebodymed.com/medical/colonic-hydrotherapy-colon-cleanse-ct-why-you-should-cleanse-your-colon:

“Colon Hydrotherapy COLONIC HYDROTHERAPY (COLON CLEANSE) CT: WHY YOU SHOULD CLEANSE YOUR COLON WOULD YOU LIKE TO? Feel Healthier? Remove Toxic Waste from Your Body? Relieve Constipation? Lose Weight? Make Your Skin Radiate? Increase Your Energy? Increase Your Absorption of Nutrients? Good health depends as much upon how well we eliminate wastes from our bodies, as it does upon how well we eat. When the colon is congested with stagnant waste, dangerous toxins back up in our systems and wreak havoc on our tissues and organs. A colonic promotes relief from a variety of disturbances by gently cleansing the colon and opening our body’s natural detoxification pathways. We experience better health and well-being when the colon is clean. A Colon Cleanse should be a vital part of your life-long anti-aging and detoxification strategy. SCHEDULE AN APPOINTMENT. Frequently Asked Questions about Colonics. What does Colon Hydrotherapy do? Colon Hydrotherapy is a method of removing waste from the

large-intestine, without the use of drugs. Due to the fact that the colon, or large intestine, is a storage area for waste, an unhealthy amount of waste can ‘back-up’ and wreak havoc throughout our body. It is extremely beneficial for the body to release such accumulated congestion. Colon Hydrotherapy is a therapy used to gently cleanse the inside of your colon; it is like giving your insides a bath. Will I be seen by a doctor? On your initial visit, you will be screened by one of our doctors to clear you for the colon cleanse. I feel bloated and constipated, will I feel better after my first colonic session? Many patients do experience relief of their bloating and constipation even after just one session. However, if the person is very constipated they may actually have an increase in bloating and abdominal discomfort as their hardened stool begins to expand and soften as it rehydrates. Often a follow-up session that week, or the following, will help release and evacuate this old hardened stool. Will I lose weight doing colonics? Many patients find that by cleaning their colon and attaining normal bowel function, coupled with a healthy diet, helps in their weight loss goals. Is having a weekly colonic good for me? You may have read about Hollywood stars having weekly colonics to maintain their weight and appearance. However, outside of doing a medically-supervised detox, having too many colonics is not a good thing. For most patients, we recommend having a colonic every 3-6 months as a part of their healthy lifestyle maintenance. What will I feel during a colon hydrotherapy session? For most people, a colonic irrigation session can be a pleasant experience. Through the introduction of purified, temperature and pressure-regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. During a treatment the inflow of a small amount of water and the subsequent release of waste is a pattern repeated several times. The cleansing effects of colon hydrotherapy should produce better colon flow and elimination. Will my privacy be respected during a colonic session? Yes. At Whole-Body Medicine we strive to provide you with the utmost comfort and relaxation during your detoxification process. During the session, most clothing may be kept on; however, you will be asked to wear johnnie coats that we provide. For your convenience and protection, there is a bathroom within the room where the procedure will be taking place, and you will be draped with your choice of a sheet or blanket during the procedure How many Colon Hydrotherapy Sessions do I need? The number of sessions needed differs from one individual to the next. The doctors at Whole-Body Medicine are more than willing to assist you in determining the number of treatments appropriate for you. Do you offer other therapies that can enhance the benefits of a colon cleanse? Yes, we offer numerous IV infusions. You can learn about our menu of custom IV drips designed to promote general health and wellness as well as targeted IV’s like our Clean and Lean designed to boost your metabolism, help suppress your appetite, and rev up your weight loss program, Youthful Aging IV to promote healthy skin and hair, Immuno-Boost IV to aid in detoxification. To learn more or to schedule a Colon Hydrotherapy session at our Fairfield office, please ask to speak with Rose, our colon hydrotherapist. Call 203-371-8258 ext 2. We see patients for colonics from Fairfield as well as surrounding Connecticut towns, including Westport, Stamford and Greenwich. SCHEDULE AN APPOINTMENT.”

k) from wholebodymed.com/medical/services-offered-whole-body-medicine:

“WHOLE BODY MEDICINE ABOUT WHOLE BODY MEDICINE Welcome to Whole-Body Medicine. We invite you to explore our website and learn about the art of Naturopathic Medicine. Through whole-body medicine, attain a higher level of health and wellness through natural healing modalities that work to enhance your bodies own ability to recover, renew, and revitalize. MORE ABOUT WHOLE BODY MEDICINE SERVICES OFFERED AT WHOLE BODY MEDICINE Below is a list of the many services offered at Whole-Body Medicine. For detailed information about a specific service, just click on the service name. For additional information regarding our services and your healthcare needs, please speak with one of our highly trained staff members. Medical Videos Initial Medical Visit Acupuncture Alfa Thermodiagnostics Bioidentical Hormones Biomagnetism Chinese Medicine Clinical Nutrition Colon-Hydrotherapy Detoxification EEG Neurofeeback Far Infrared Sauna Women’s Health Functional/Integrative Medicine Hyperbaric Oxygen Ionic Footbath IV Therapy Metabolic-Typing Neurotherapies Oligoscan Photo-Therapy Pulsed Electromagnetic Field Therapy Thermography Breast Cancer Screening Viseral Manual Therapy.”

l) from wholebodymed.com/medical/biomagnetism:

“Biomagnetism. How do we test for Biomagnetic Pairs? Holistic healthcare is based on the premise of treating the body as a whole, rather than treating each part separately. As you read through many of the services and therapies on our website, you will begin to understand our whole-body approach to wellness. How do our doctors decide which therapy or treatment is best for you? Of course, it all starts with a comprehensive exam, health history, and, if necessary, diagnostic testing that uncovers how your body is working. Our doctors are often like detectives unraveling the obstacles present in your body, preventing you from enjoying good health. These obstacles may be toxins, chemicals, bacteria, viruses, infections, and even stress, worry, and lack of sleep. We also learn about you on a micronutrient level, pinpointing missing nutrients or micro-nutrients that your body needs for optimal function. We have the added benefit of understanding and utilizing energy medicine, sometimes called vibrational medicine. Holistic doctors often use energy medicine both to investigate imbalances, detect problems with the energetic connections in your body, and sometimes even help to correct these imbalances. If you have read about the mouth-body relationship in our dental pages, you will soon understand the meridian connections throughout the body. A Look at Biomagnetics. Biomagnetism is a hands-on therapy that is holistic in approach, perfectly safe, and scientifically based. As holistic practitioners, we seek to remove “Obstacles to Cure.” Biomagnetism can help remove some of those obstacles. Biomagnetism helps to restore the body’s homeostasis so that the body can begin to heal itself. Like many modern medical discoveries and technologies, the space program was the genesis of Biomagnetism. In the 1980’s the chief medical doctor for the astronauts, Dr. Richard Broeringmeyer, discovered that when the astronauts came back from space, their right leg was shorter than their left leg by approximately ¼ – ¾ inch. This strange leg discrepancy was not the case before their space journey. Dr. Broeringmeyer figured out that this was a result of the astronauts being away from the earth’s magnetic field! Mexican physician, Dr. Goiz Duran was intrigued

when he heard about the relationship of the leg discrepancy to the earth's magnetic field, and he began thinking in terms of positive and negative. He started research into a theory on "magnetic pairs" – positive and negative. By placing a negative pole of a magnet to a specific point on the body, Dr. Goiz was able to reproduce the "astronaut" leg discrepancy that occurred being away from the earth's magnetic field during space travel. Dr. Goiz placed a positive pole of a magnet to specific points on the body while leaving the negative pole magnet in place; this caused the shortened leg to regain its normal length! This discovery confirmed his hypothesis of magnetic pairs. Dr. Goiz is now considered the "Father of Biomagnetic Pairing," having discovered over 200 Biomagnetic Pairs. pH & Biomagnetism. Holistic medicine understands that for your body to function optimally, a proper pH must be maintained. Ideally, our bodies should be slightly alkaline. Less than optimal pH leads to cellular aging, pain, inability to heal correctly, infections, and general ill-health. Healing with Voltage. Your diet is a crucial factor in maintaining proper pH. Popular foods like soda, processed foods, cheese, artificial sweeteners, and even stress and worry can affect your pH. The pH of the water you drink is also essential. Three Essential Requirements for Healthy Drinking Water. The importance of Dr. Goiz's Biomagnetic Pairs becomes apparent when coupled with a less than optimal pH. Dr. Goiz helped to restore the body's homeostasis (balance) by placing magnets of at least 1000 to 4000 gauss (refrigerator magnets are 50 gausses) on specific points of the body in "pairs." One side of a magnet is the negative side, and the other side of a magnet is the positive side. The magnetic field of the applied magnets affects hydrogen ions and thus the pH in the cells and structures. The effect of having a magnetic field created by having a positive and negative pole, when placed in pairs on specific points on the body, helps to normalize the pH at these points. It is important to understand the effect of a magnetic field. Dr. Goiz discovered that pathogens, as they enter our body, gravitated to specific anatomical locations; many of these locations are "known locations" that are specific to each pathogen. These associated locations are called a Biomagnetic Pair. Bacteria and parasites favor an alkaline environment, whereas viruses and fungi reside in acidic environments. Pathogens thrive in these locations. Placing the magnet of proper polarity on each point causes opposite charges (H+ and OH-) to push towards each other, resulting in proper pH, which leads to a nonsurvivable environment for pathogens. Health requires a proper pH. Fungi and viruses thrive in an acid pH (less than 7.3), and bacteria and parasites love an alkaline pH (greater than 7.3). Restoring the proper pH creates an inhospitable environment for pathogens as well as improving immune function, reducing inflammation, and creating homeostasis. Dr. Goiz uncovered an interdependent relationship between viruses and fungi. Viruses provide the acidic environment for fungi to propagate. Eliminate the viruses, and the fungi will no longer have an acidic environment in which to thrive. The same basics apply to bacteria and parasites. Parasites feed on bacteria, and therefore removal of the bacteria is necessary to eliminate the parasites. We need to identify organs or tissues that are out of normal polarity. A variation of Applied Kinesiology (AK) or muscle testing is a simple way for a Biomagnetic practitioner to scan and identify these organs or tissues. Usually, AK is performed on the deltoid muscles when the patient is standing. However, during a biomagnetism session, the patient typically lies on a therapy table to allow for easy

placement of magnets. Here the leg length is observed. Instead of applying pressure to individual muscles, the patient lays on a treatment table, and in response to a question, a “yes” answer will result in the shortening of one leg. A “no” reply results in no change in leg length. The practitioner can scan the body from head to toe by asking verbally or non-verbally if there is a problem in specific organs or tissues and observing changes in leg length. The practitioner needs to look for “Biomagnetic Pairs.” Some pairs are “known pairs,” having been discovered by Dr. Goiz and other practitioners of Biomagnetic Therapy. For example, Lyme Disease is associated with two specific points on the body; one being the Liver Coastal Margin point and the other being the Liver point. This pairing is known as Liver Costal Margin-Liver. The practitioner can verify this pair by placing the negative pole of the magnet on the clothing over the Liver Coastal Margin. One leg would shorten. The positive pole of another magnet is placed on the clothing over the Liver point; if the patient’s feet instantaneously become even, this confirms that this is indeed a correct pair. If the legs do not become even, one must look for a different pairing. Some organs/tissues have one recognized pairing, and some can have multiple pairings. Some patients have what is called Special Pairs, which are unique to the individual, and the practitioner must play detective and look for these Special Pairs. Biomagnetic Sessions. Patients generally feel good during and after a Biomagnetic session. Many patients report a feeling of being lighter and more energetic. Quite a few patients begin to feel profound tiredness during the session and may even fall asleep. Some have sensations of their body adjusting and releasing restrictions, both physically and energetically. However, if you don’t feel anything, that is ok too. Like many holistic modalities, the use of Biomagnetic Pair Therapy (BPT) is often a case of “peeling back the layers” (like peeling an onion), and successive BPT sessions can undercover and treat pathogens that now emerge. Some sessions are short and targeted, while others require longer or multiple visits. An example of a short-targeted session would be the use of magnets to help facilitate healing and alleviation of pain after tooth extraction. An example of a lengthier session or multiple visits would be treating Lyme Disease and its’ co-infections. At times a patient may be given instructions on the placement of a particular pair of magnets for use at home. How many visits will it take to see results? In treating everyone as an individual, we have found that specific treatments may benefit some conditions more favorably, and, as such other adjunctive therapies may be used with Biomagnetism, or instead of Biomagnetism. Targeted or customized IV Therapy is an example of a supportive therapy that may be recommended for particular conditions and used in conjunction with BPT. Every patient is a puzzle, and in our experience, some keys are better at unlocking the puzzle. Biomagnetic Pair Therapy may be one of the keys we want to use by itself or with other adjunctive therapies, or maybe not at all. At our health center, we have many tools in our toolbox. Many patients start to feel results after their very first BPT session. Typically, over three to five visits, as the pathogens are removed and proper pH restored, the organs, glands, and tissues begin to self-heal.”

m) from wholebodymed.com/medical/initial-medical-visit:

“Initial Medical Visit. At Whole-Body Medicine, your initial visit is a comprehensive one. You and your doctor will discuss your current health status and the goals you would like to achieve. Many patients are interested in fine-tuning and maintaining their health and vitality as a part of an anti-aging strategy. Others may have more serious ailments, ranging from neurological conditions to an unexplained decline in overall health and wellness. We view your health care needs through a ‘whole-body’ lens. Therefore, all aspects of your mental, physical, and emotional health will be explored during your initial visit. We will consider the many factors which contribute to disease, aging, and your current state of health in order to establish the underlying issues contributing to your specific health concern. This type of whole-body evaluation enables us to choose a proper course of treatment. We also like to think of ourselves as your personal health care ‘coach’. We will teach you how to improve your current health, so that you may prevent disease and age gracefully. SCHEDULE AN APPOINTMENT. At Whole-Body Medicine, we do not treat the specific disease or condition; but rather we treat the entire patient in an effort to bring his or her mental, physical, and emotional health back to into proper balance. Our patients often find that, as we strengthen the body’s ability to heal, other seemingly unrelated conditions begin to disappear as well. We believe that doctors do not cure; only the body can cure itself. Our job is to remove any barriers that may be preventing your body from healing and to assist you in reaching an optimal state of wellness. “The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” Thomas A. Edison Call Us: 203-371-8258.”

n) from wholebodymed.com/homeopathy-3:

“Homeopathy. Homeopathy is an alternative medicine system developed in the late 18th century by German physician Samuel Hahnemann. It is based on the principle of “like cures like,” meaning that a substance that causes symptoms in a healthy person can be used to treat similar symptoms in a sick person. Homeopathic remedies can be from the animal, vegetable, or mineral domains. Those symptoms that emanated when healthy people ingested a remedy over time are recorded in a Homeopathic Repertory and a Materia Medica. In homeopathic practice, a diluted substance is used to treat the patient. The process involves repeatedly diluting the substance in water or alcohol and shaking it, known as “succussion.” This dilution process continues until you are beyond Avogadro’s Number and there is no longer any physical substance, but rather the “vibrational signal” of the substances. Homeopathic practitioners believe the more the substance is diluted, the more powerful its healing potential becomes. They also think that the succussion process imparts an “energy” or “vibration” to the remedy, which helps to stimulate the body’s natural healing mechanisms. Homeopathic remedies are used to treat a wide range of physical and mental symptoms, including common ailments such as colds, flu, headaches, and digestive problems. They are also used to treat more serious conditions such as cancer, allergies, and depression. One of the critical differences between homeopathy and conventional medicine is that homeopathic remedies are individualized for each patient. A homeopathic practitioner will consider the patient’s overall health, lifestyle, and personality, as well as the specific symptom

they are experiencing when selecting a remedy. This contrasts with conventional medicine, where a standard treatment is typically prescribed for a particular condition. Classical vs. Non Classical Homeopathy. Classical homeopathy as practiced by Dr. Hahnemann is based on finding the one remedy that best matches the symptoms of the presenting patient, be it for an acute or chronic condition. When a person develops symptoms it is in response to their “vital force” being effected and different people will manifest different symptoms. For example, two children come down with a fever and a sore throat.;a throat culture is taken and they both have ‘strep’ . In Western medicine an antibiotic would be given to both children. A homeopathic approach is quite different. One of the children has a dry fever, is thirsty for cold drinks, is flushed and wants to be left alone; the other is perspiring, is not thirsty, is pale, and wants to be held. Looking into a homeopathic repertory, where symptoms have been recorded of provings, a homeopath will match the presenting symptoms with the symptoms developed during provings. This will lead to each child receiving different, individualized remedies to help their systems return to homeostasis so that the “strep” returns to the normal state at which they are always present. Non classical homeopathy is combining various remedies into a single remedy. An advantage of combination remedies is they contain various remedies known to help certain conditions, for example the symptoms of the flu.If someone is not knowledgeable in homeopathy, although it is a “shotgun” approach, combination remedies are often helpful in relief of acute symptoms. In our office we find certain mixed homeopathics very helpful in detoxification.”

o) from wholebodymed.com/trudose-regenerative-therapy-unleashing-your-bodys-innate-healing-power-for-chronic-conditions:

“TruDose Regenerative Therapy: Unleashing Your Body’s Innate Healing Power for Chronic Conditions. TruDOSE and holistic medicine in Fairfield, CT. Written by Dr. Adam Breiner, ND. Amid the myriad health challenges, a groundbreaking regenerative therapy called TruDose emerges as a beacon of hope. Let’s explore some inspiring stories of individuals who have been profoundly impacted by this state-of-the-art regenerative technology and then learn what TruDose is all about. Meet Aimee, a resilient 48-year-old mother of three who grappled with a myriad of health issues for over 25 years, including Lyme disease, Bartonella, Babesia, mold toxicity, Mast-Cell Disorder, POTS syndrome, Hashimoto’s Thyroid disease, Epstein Bar infections. Despite years of treatments, Aimee found herself bedridden and losing hope. The idea resonated with her when she learned about TruDose, prompting her to try it. Miraculously, after just one treatment, Aimee started to witness improvements and regained a sense of hope. A year and a half later, she is not only free from her health issues but has also overcome lifelong learning disabilities. Seventeen-year-old Steven faced the challenges of Autism, grappling not only with cognitive impairments but also severe social anxiety that confined him to his room. Enter TruDose and over six months; Steven underwent a remarkable transformation. Cognitive abilities soared, social anxieties dissipated, and a newfound zest for life emerged. Steven learned to drive, embraced the joy of friendships, and reclaimed a sense of normalcy. His nine-year-old sister, Melanie,

also diagnosed with Autism, experienced a parallel journey. Struggling with reading at a first-grade level and navigating social interactions, Melanie underwent TruDose treatments that propelled her reading skills to grade level. She conquered social interaction challenges, found her voice, and no longer required speech therapy. Tim, a 57-year-old feeling the weight of age – thinning hair, depleted energy, and hormonal imbalances – turned to TruDose for a rejuvenating solution. The transformation was profound. Tim's hair regrew, energy levels and hormones found equilibrium, and the specter of erectile dysfunction faded away. TruDose became an integral part of Tim's health and wellness regimen. In the realm of education, 10-year-old Aaron faced the hurdles of dyslexia and attention deficit hyperactivity disorder (ADHD). Despite attending a specialized school for learning disabilities, his parents sought a natural solution to complement his education. TruDose entered the picture, and the results were astonishing. Aaron displayed marked improvements in attention and reading skills after just one treatment, prompting his teachers to express interest in the potential benefits of TruDose for other students facing similar challenges. These transformative stories merely scratch the surface of the myriad cases where TruDose regenerative technology has played a pivotal role. The diverse range of conditions it addresses is extensive, leaving many intrigued about the workings of TruDose and its ability to tackle diverse health challenges. So, what is TruDose, and how does it alleviate such a wide array of health issues? TruDose taps into the power of the body's platelets at its core, delivering a specific dose tailored to each health challenge's unique requirements. Platelet-rich plasma therapy, PRP, has been known in medicine for decades and traditionally used to help with orthopedic injuries, such as tendon or muscle injuries that never healed properly, as well as assisting with hair growth and in sexual wellness (known as the P-shot and O-shot). And while successful cases exist, results could be more consistent in the medical literature. Tapley Holland, a seasoned expert in PRP and bone marrow stem cells, identified a critical gap in the traditional approaches. Recognizing that a one-size-fits-all platelet dosage might not address the individual variations in patients' biochemical makeup or diverse medical conditions, he pioneered and patented the TruDose Regenerative Technology System. This system assesses the patient's platelet count, and AI software calculates the precise blood volume required for an optimal concentrated therapeutic platelet dosage. The individualized PRP is then reintroduced into the patient intravenously and to a targeted area, initiating a healing cascade that addresses chronic inflammation and immune dysregulation. You may wonder how platelets, primarily thought of in their role with clotting, trigger such a profound healing response. The answer lies in the intricate role platelets play beyond clotting. According to a published article by Li et al., titled "Platelets as autonomous drones for hemostatic and immune surveillance," platelets serve as integral components of the immune system, identifying pathogens and directing healing throughout the body. Moreover, platelets house vast amounts of neurotransmitters, including 90% of the body's serotonin and brain-derived neurotrophic factor (BDNF), essential for nerve growth. Understanding the dynamic balance among platelets, red blood cells, white blood cells, stem cells, and other cell types in the body is crucial. A significant shift in this delicate balance, as facilitated by TruDose's high platelet dosage, prompts the body to recalibrate. Think of chronic inflammation and immune dysregulation as your

body getting “stuck,” much like your computer getting the spinning wheel on the screen when the computer processor gets “stuck” and can’t work efficiently. The solution is often to hold Ctrl+Alt+Delete on your keyboard. Metaphorically, this is like what the TruDose is doing for your body! TruDose acts as the body’s reset button. The recalibration that occurs prompts the body’s natural healing processes, addressing a myriad of conditions – from chronic bacterial and viral infections like Lyme disease to autoimmune diseases, vascular inflammation as seen in Long-COVID, resolution of chronic injuries (such as strokes and traumatic brain injuries), and stimulation of neuronal and blood vessel growth in conditions like Autism, Dyslexia, ADHD, among others. The extensive list of conditions TruDose has successfully addressed continues to grow, with over 10,000 patients experiencing its transformative effects. The key to TruDose’s success lies in the “Vis Medicatrix Naturae” concept – the Healing Power of Nature. By harnessing the body’s innate ability to heal, TruDose stands as a natural ally in naturopathic medicine. When integrated with other naturopathic treatments and modalities, TruDose becomes a game-changer for those navigating health challenges or seeking to enhance overall health, wellness, and longevity. At the Breiner Whole Body Health Center, we are excited to announce that we are the exclusive provider of TruDose in the area. Witness the remarkable results for yourself by visiting www.wholebodymed.com. As you explore, be sure to register for one of the free informational Zoom calls, providing an opportunity to learn more about TruDose and pose questions to the experts. In conclusion, TruDose is a medical innovation and a beacon of hope for those seeking a holistic approach to health and healing. Through individualized regenerative technology, it empowers the body to reset, recalibrate, and unleash its inherent capacity for renewal. As the testimonials and success stories continue to pour in, the promise of TruDose as a transformative force in the landscape of health and wellness becomes increasingly evident. About Dr. Adam Breiner: Dr. Breiner practices naturopathic medicine at Whole-Body Medicine in Fairfield, CT. Patients from Connecticut and surrounding states seek his care for Lyme Disease, Brain Injuries, such as stroke, concussions, and Traumatic Brain Injuries, and enhanced Brain Performance. To learn more about Trudose Zoom calls and other information, visit www.wholebodymed.com, or to schedule an appointment, call 203-371-8258.”

023. ND Bossio Pages at naturallywellfamilymedicine.com

a) from naturallywellfamilymedicine.com/dr-bossio:

“About Dr. Bossio Deb Bossio Naturopathic Doctor As a naturopathic physician, Dr. Bossio provides comprehensive health care to all members of the family. In addition to her general practice, Dr. Bossio specializes in women’s health, pediatrics, Lyme disease, and digestive disorders. Patients can expect individualized treatment plans that may include diet and nutritional therapy, herbal medicine, and homeopathy. Dr. Bossio has an open, holistic approach to medicine and is known for taking the time to get to know her patients and their needs. She looks forward to assisting patients in their quest for optimal health and well-being. Before establishing her practice in Ridgefield, CT, Dr. Bossio served patients at Hawleyville Naturopathic Medical Center in Newtown, CT. There, she worked alongside Dr. Joshua Berry, a distinguished naturopathic pediatrician and Lyme disease specialist. She earned

her Doctorate in Naturopathic Medicine from Bastyr University in Seattle, WA. She then completed her residency in family medicine at the National College of Naturopathic Medicine in Portland, Oregon. Dr. Bossio received additional medical training at Seattle Children's Hospital, Highline Cancer Center, Portland Reproductive Endocrinology, West Hills Gastroenterology, and with renowned naturopath Tori Hudson, a national leader in women's health. Dr. Bossio received undergraduate degrees in Biology and Anthropology from Colby College. Dr. Deb Bossio Nature Dr. Bossio is an active member of several professional and community organizations. She serves on the Advisory Committee of the Lyme Connection, is a member of the American Association of Naturopathic Physicians, and the Women of Wellness of CT. She also frequently provides lectures on natural health topics throughout Fairfield County."

b) from naturallywellfamilymedicine.com:

"Prioritizing your health, not just your symptoms At Naturally Well Family Medicine we provide gentle and effective medicine in a warm and caring environment. Dr. Bossio and the staff at Naturally Well are dedicated to helping you meet your health goals. Whether you are battling chronic disease, suffering from acute illness, or are simply looking to fine tune your health – Naturally Well is here to help. Learn More About Dr. Bossio Naturally Well is led by Dr. Deb Bossio, a licensed naturopathic physician. As a naturopath, Dr. Bossio uses her training in conventional and alternative medicine to approach your health concerns from a unique perspective. She employs techniques tailored to each patient's specific needs and vows to treat the underlying causes of disease rather than just the symptoms."

c) from naturallywellfamilymedicine.com/naturopathic-medicine:

"Naturopathic Medicine What is Naturopathic Medicine? Naturopathic doctors teach their patients to use diet, exercise, lifestyle change and cutting edge natural therapies to enhance their bodies' ability to ward off and combat disease. Naturopathic physicians are trained and licensed as primary care doctors. They treat a wide range of medical conditions and provide care for infants through adults. They utilize many of the same diagnostic tools as conventional medical practitioners, including physical exams, laboratory studies, and imaging. In addition they use an array of alternative and functional medicine studies to diagnose and treat the underlying cause of illness. Naturopathic physicians combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. By using protocols that minimize the risk of harm, naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health. It is the naturopathic physician's role to identify and remove barriers to good health by helping to create a healing internal and external environment. American Association of Naturopathic Physicians American Association of Naturopathic Physicians (AANP) AANP is the professional association of licensed naturopathic doctors in the U.S. It is a useful site to learn more about naturopathic medicine and naturopathic education. medical school Naturopathic Schooling & Training A licensed naturopathic doctor (N.D.) attends an accredited

four year medical school and is educated in all of the same basic and clinical sciences as an M.D. including: biochemistry, anatomy, physiology, clinical, physical and laboratory diagnosis, minor surgery, and pharmacology. In addition to this training, naturopathic doctors study holistic and nontoxic approaches to therapy with a strong emphasis on disease prevention and optimizing wellness. The naturopathic physician is required to complete extensive training in clinical nutrition, homeopathy, botanical medicine, physical medicine, and counseling. A naturopathic physician takes rigorous professional board exams (NPLEX) so that he or she may be licensed by a state or jurisdiction as a primary care general practice physician. For information about the Naturopathic Physicians Licensing Examination Board (NPLEX) and the North American Board of Naturopathic Examiners (NABNE), please see the Education page at www.naturopathic.org. A naturopathic physician takes rigorous professional board exams (NPLEX) so that he or she may be licensed by a state or jurisdiction as a primary care general practice physician. For information about the Naturopathic Physicians Licensing Examination Board (NPLEX) and the North American Board of Naturopathic Examiners (NABNE), please see the Education page at www.naturopathic.org. Bastyr University Bastyr University Bastyr University, where Dr. Bossio received her doctorate in Naturopathic Medicine, is one of the world's leading academic centers for advancing knowledge about natural medicine. It also is the largest university for natural health arts and sciences in the U.S. National University of Natural Medicine National University of Natural Medicine (NUNM) NUNM, where Dr. Bossio completed her residency in Naturopathic Family Medicine, is the oldest accredited naturopathic medical college in North America. Naturopathic Philosophy Naturopathic Philosophy At the heart of Naturopathic Medicine are six basic principles: First do no harm. Naturopathy uses safe and effective natural treatments to maintain optimal health with minimal potential for side effects. The healing power of nature. Naturopathic physicians believe the body has an innate intelligence and ability to heal and that it is their job to assist the body in doing so. Identify and treat the cause. Naturopathic doctors understand that unless the root causes of illnesses are addressed their symptoms will return. Rather than simply treating symptoms, they seek to find and treat the underlying cause of disease so the patient can have a lasting cure. Treat the whole person. Naturopaths treat the physical, mental, emotional, and spiritual bodies as a whole, because an imbalance in one area affects the others. Doctor as Teacher. Naturopathic physicians empower their patients by educating and motivating them to assume more personal responsibility for their health. Prevention is the best cure. Naturopathic physicians look to prevent diseases before they occur through preventative treatments, evaluation of risk factors, education, and healthy dietary and lifestyle counseling."

d) from naturallywellfamilymedicine.com/naturopathic-treatments:

"Naturopathic Treatments Botanical Medicine Also known as herbal or plant-based medicine, botanical medicine is the use of the medicinal properties of plants to assist the body's natural healing mechanisms. These medicinal properties can be used to treat both acute and chronic illnesses. Dr. Bossio creates individualized herbal remedies to meet each patient's specific needs. Clinical Nutrition Good

nutrition is a vital part of optimal health. Through dietary counseling and therapeutic supplementation Dr. Bossio will address underlying nutritional deficiencies and work towards restoring optimal health. Dr. Bossio utilizes only the highest quality natural supplements in the prevention and treatment of disease. Homeopathy Homeopathy is a gentle yet effective holistic healing system that has been practiced worldwide for over 200 years. Dr. Bossio utilizes both acute and constitutional homeopathic remedies to treat disease on an energetic level. Lifestyle counseling We all know that a healthy diet, exercise, and stress management are essential to well-being but often cannot find the time or motivation to implement good habits. Dr. Bossio provides customized guidance for lifestyle modifications that will dramatically impact your ability to enjoy life, and help you create habits that maximize long-term health."

e) from naturallywellfamilymedicine.com/conditions:

"Conditions Commonly Treated ADHD Adrenal Disease Allergies Anxiety Arthritis Asthma Autoimmune Disease Babesia Bartonella Candida Cervical Dysplasia & HPV Colds & Flu Depression Diabetes Digestive Disorders IBS/Crohn's/UC/Celiac Eczema Ear Infections Endometriosis Fatigue Fibromyalgia Food Sensitivities & Intolerances High Blood Pressure High Cholesterol Infertility Insomnia Interstitial Cystitis Lyme Disease & Coinfections Menopausal Symptoms Migraines Osteoporosis Menstrual disorders PCOS PMS, Cramps, Irregular Cycles Reflux Sinusitis Thyroid Disease Urinary Tract Infections Vaginitis Weight Management."

f) from naturallywellfamilymedicine.com/naturopathic-treatments-1:

" Lab Testing & Evaluation Dr. Bossio utilizes both conventional and functional laboratory testing. When conventional labs fall short in identifying the underlying cause of disease, Dr. Bossio looks to more functional assessment. Lab Tests Conventional Labs Dr. Bossio routinely orders conventional labs - those typically used by MDs - to assess basic organ function, thyroid function, cholesterol and other cardiovascular risk factors, blood sugar, autoimmune status, inflammation, and more. Food allergies and sensitivities Food Allergy & Sensitivity Tests Dr. Bossio has found that food allergies and sensitivities are contributing factors to many patients' health concerns. Unfortunately, many people who are sensitive to foods are unaware of it because their symptoms may be delayed for several hours or even up to a couple of days after ingestion. For this reason Dr. Bossio utilizes IgG food sensitivity testing to help patients identify specific foods that may be contributing to their symptoms. This test can be done through a simple blood draw at Dr. Bossio's office and will examine a panel of 96 different foods. Lyme and tick diseases Lyme & Tick Borne Disease Testing Dr. Bossio offers both standard and specialized Lyme disease testing. In addition to the standard ELISA, Western Blot, and PCR tests, Dr. Bossio often utilizes expanded western blot panels, extensive co-infection testing, immune markers and cytokine testing, as well other specialized tick-borne disease labs (i.e. Igenex, Pharmasan, and more). Neurotransmiter testing Neurotransmitter Testing Neurotransmitters are the chemical signals in our nervous system that affect our mood, energy, attention, cognition, and sleep. Imbalances in our neurotransmitters can lead to symptoms such as anxiety, depression, insomnia, attention deficit,

fatigue, headaches, and more. Through a urine test, Dr. Bossio can gain insight into the specific neurotransmitter imbalances one may suffer and target one's natural therapies accordingly. Gastrointestinal testing Gastrointestinal Testing While Dr. Bossio utilizes a variety of digestive analysis, she most commonly uses a comprehensive stool analysis. This test evaluates digestion and absorption, bacterial balance and metabolism, parasitology, yeast and immune status for patients with irritable bowel syndrome, indigestion, malabsorption, and other GI-related problems. In addition, Dr. Bossio often utilizes specialized breath testing to evaluate for Small Intestinal Bacterial Overgrowth (SIBO), lactose intolerance, fructose intolerance, and more. Hormone testing Hormone Balance Evaluation With an understanding that hormones are messengers in the body affecting nearly all systems, it becomes clear that identifying and treating underlying hormone imbalances is essential to long term health. For this reason, Dr. Bossio routinely evaluates hormone levels in both men and women. Hormone testing may include evaluation of thyroid and adrenal function, sex and reproductive hormones, metabolic hormones, and more. Dr. Bossio utilizes a combination of blood, urine, and saliva testing. Nutritional Analysis (NutrEval) Dr. Bossio utilizes the NutrEval test to provide a comprehensive nutritional evaluation identifying specific imbalances of vitamins, nutrients and essential co-factors. This profile also provides assessment of gastrointestinal dysfunction and detoxification impairment. Through blood and urine specimens the panel assesses Organic Acids, Amino Acids, Essential Fatty Acids, Nutrient and Toxic Elements, and Oxidative Stress. Genetic testing Dr. Bossio evaluates genetic variations, called single nucleotide polymorphisms (SNPs), in genes that modulate methylation and detoxification pathways. Dr. Bossio most commonly tests for variations in the MTHFR (methylenetetrahydrofolate reductase) and COMT (Catechol-O-methyltransferase) genes, but will provide additional genetic testing when appropriate. Micronutrient testing The SpectraCell micronutrient test provides an accurate assessment of the functional nutrient level of white blood cells. This test evaluates vitamins, minerals, antioxidants, and essential amino acids showing a three-six month window of nutritional status. For more information please click here."

g) from naturallywellfamilymedicine.com/programs:

"Programs Detox Programs In today's society we are surrounded by toxic exposures through things such as: pesticides, heavy metals, paints, solvents, plastics, perfumes, cleaning products, hormones in our food supply, air pollutants, artificial sweeteners, colorings and flavors, and the list goes on. Over time these toxins build up in our body and make us more susceptible to fatigue, obesity, allergies, hormonal imbalances, inflammation, mood disorders, headaches, brain fog, poor concentration, as well as just diminish our overall health. Through individualized detox programs, Dr. Bossio will both educate you on how to minimize your toxic exposure as well as aid your body in elimination of built up toxins. Dr. Bossio offers customized 10 day, 14 day, and 28 day detox programs. Weight Management Dr. Bossio recognizes that effective weight management is an essential component of well-being, and that many chronic illnesses can be prevented and treated through weight loss alone. With this in mind, she works with patients to achieve their weight

loss goals in a healthy and sustainable way. Dr. Bossio utilizes personalized lifestyle medicine and weight loss programs that incorporate therapeutic lifestyle changes such as nutritional protocols, exercise, and stress management. Additionally, Dr. Bossio recognizes that our bodies store toxins in excess body fat, and therefore in order to shed weight we must first eliminate toxins. With this in mind, Dr. Bossio incorporates individualized detoxification programs in her weight management approach. Dr. Bossio also takes the time to analyze why a patient may be having difficulty losing weight. She'll look for and address things such as thyroid disease, blood sugar issues, toxicity, adrenal dysfunction, food sensitivities, inflammation and a other obstacles to weight loss. Flu prevention Homeopathic Flu Prevention Protocol Each year I receive lots of questions from patients about whether or not to get the conventional flu vaccine. For those interested, I offer a homeopathic flu prevention protocol, which guards against seasonal flu and minimizes flu symptoms. My Flu Prevention Kit includes the necessary homeopathic drops and tablets, as well as detailed instructions and an administration schedule to see you through to springtime. The kit can be used in conjunction with standard flu vaccines or as an alternative therapy. This is not a stand-alone therapy. It should be combined with individualized immune boosting tips that can be discussed at a visit."

h) from naturallywellfamilymedicine.com/new-page-1:

"Additional Services Physical Exams Dr. Bossio provides yearly physicals for men and women, PAP smears and pelvic exams, well child checks (all ages), as well as school and sports physicals (ages 6 and up). Pediatric Care Dr. Bossio offers natural treatments for common childhood illnesses. It has been her experience that children respond extremely well to natural medicine and benefit profoundly from developing healthy eating and lifestyle habits early on. Dr. Bossio provides families with a wealth of information so they can make healthy choices on topics ranging from nutrition and infant food introductions to vaccinations. Acute healthcare Same day visits typically available for acute care needs. To address acute conditions Dr. Bossio utilizes herbal medicine and homeopathic remedies."

i) from naturallywellfamilymedicine.com/faqs:

"Frequently Asked Questions How long are office visits? First visits are typically a 60-90 minutes and return visits are 30–60 minutes. How often do we meet? The frequency of appointments varies based on the condition being treated. Most commonly though, Dr. Bossio will see you for a follow up appointment 1 month after your initial visit, and then possibly every 2-3 months until your condition is resolved or stable. For patients with ongoing concerns, Dr. Bossio may continue to manage care as long as patients are evaluated once every two years. Does Dr. Bossio treat babies and kids. Yes. Dr. Bossio treats all ages from infants to adults. Does Dr. Bossio take insurance? No, but most insurance companies will reimburse "out-of-network" for services that are rendered. At your appointment, Dr. Bossio will provide you with a statement containing all of the information needed to submit to your insurance company. If you have any further questions about this process Dr. Bossio will be happy to answer them for you. Does Dr. Bossio accept credit cards? Yes, Dr. Bossio accepts Visa, MasterCard, Discover, and American Express. What is

Dr. Bossio's cancellation Policy? Cancelling or rescheduling a New Patient appointment requires two full business days' notice. Cancelling or rescheduling without proper notice will result in a late fee of $75. Cancelling or rescheduling a follow up appointment requires one full business day. Cancelling or rescheduling a follow up appointment without proper notice will result in a charge of $50. Does Dr. Bossio offer phone consults for patients? Yes, after an initial visit in the office, phone consults are are available when an in-office visit is not necessary for diagnostic purposes. Whether or not this is an option is determined on an individual basis. Does Dr. Bossio prescribe pharmaceuticals? No. Dr. Bossio prescribes all natural therapies including nutritional supplements, herbal medicines and homeopathic remedies. During your course of treatment with Dr. Bossio your need for prescription medications may diminish. As you get healthier, Dr. Bossio may advise that you speak with your M.D. about adjusting the dose or type of medication you are taking. How do I get the herbs/supplements that Dr. Bossio prescribes? Dr. Bossio carries the majority of herbs/supplements that she prescribes in the office. She carries only the highest quality, pharmaceutical grade products. In some cases, Dr. Bossio may recommend a product that you can pick up at a local health food store, but many of the brands she carries are sold only through doctors and other health care practitioners. For those who live far from the office, we are happy to package and ship your medications upon request. We recognize that some patients prefer the convenience of online ordering. In order to ensure that these patients receive high quality, safe supplements, Dr. Bossio has contracted with several industry-leading online distributors. Lean more on our Supplement Orders page. What are the Office Hours? We have both Patient and General Office hours detailed on our Office Hours Page."

j) from naturallywellfamilymedicine.com/supplement-orders:

"Online Supplement Ordering Naturally Well Family Medicine is a full service healthcare facility, where patients are able to purchase medicines and supplements directly from our on-site dispensary. We recognize, however, that online purchasing offers some of our patients an added measure of convenience. The following services offer safe, professional-grade supplements from suppliers that meet Dr. Bossio's high standards. Click image to place an order Fullscript (formerly Healthwave) is a secure purchasing and shipping platform that offers patients access to many of the very same supplements that we stock in our dispensary. Dr. Bossio will set up your initial prescription in the office. As a follow-up, you will receive an email within 24 business hours from Fullscript (please check your spam/promotions/junk folder). The email will contain a link for establishing your login and password, from there you can place additional orders. Fullscript orders over $50 ship for free. Click image to place an order Metagenics We recommend Science-Based Products from Metagenics because they meet the highest standards for research and quality manufacturing to help make natural approaches safer and more effective. Here you'll find a wide range of products to meet your specific needs to help you reach your best health possible. Click image to place an order Xymogen If Dr. Bossio has prescribed Xymogen products for you and you would like to refill your order online please go to the Xymogen eStore. Click on "new user",

then "I'm a patient." Here you will enter the referral code and password that Dr. Bossio provided to you. If you did not receive the referral code please give our office a call. Xymogen orders over $49 ship for free."

024. ND Anastasio Pages at nenaturalmed.com

a) from nenaturalmed.com/about:

"About New England Naturopathic Center We have been providing natural health services to Cheshire, the surrounding community and neighboring states for nearly 20 years! Nature Cures Our body has the innate ability to heal given the right environment and remedies. Give yourself the change to regain your own health and wellness. Self Care Today's exposure to stress, worry, electro-magnetic currents, pollution and medication takes its toll on your mind & body. Take the time to put yourself on project status and dive into the world of self care. We are here to help you. Dr. Debra Anastasio- Naturopathic Physician Dr. Debra is the founder and owner of New England Naturopathic Center. She has an extensive background in both traditional and natural medicine and provides both services and education to the public and professionals."

b) from nenaturalmed.com/learning-institute:

"NENC Learning Institute. CURRICULUM-BASED PROFESSIONAL LEVEL EDUCATIONAL PROGRAMS EARLY BIRD DISCOUNTS AVAILABLE Courses come with educational materials. 1/1 Homeopathy 101 Herbalism 101 is a fundamental, basic course for learning how to identify characteristics for choosing a remedy, the most commonly used remedies, and how to use those remedies. This is a great course to learn how to incorporate homeopathy into your routine health maintenance and family life. This course is not a training course to get you certified as a practitioner. 6 weekly sessions includes educational materials. There will be additional materials available for purchase. Min 4 registered participants. No make-up sessions available. $50 Cancellation fee EARLY BIRD DISCOUNT $250 REGISTRATION $350 AFTER."

c) from nenaturalmed.com/wellness-services:

"NENC Wellness Services Acupuncture + Auricular Therapy + Ear Seeding ACUPUNCTURE SESSION $80 -Include Cell Phone in Email- Acupunture for specific point protocols, plus ear acupuncture and/or aromatherapy is provided while you relax. Go home with ear seeds to keep you treatment going between visits! No insurances accepted for this service. Oriental Cupping & Gua Sha Oriental Medicine Cupping therapy is a table therapy that involves first treating the back to clear chronic patterns, then local issues, followed by Gua Sha scraping with gemstone tools with botanical liniment to remove the trapped toxins & debris from the tissue. Dr. Debra can feel tissue blocks, energy within the meridians and has a keen sense what needs to be treated. This is especially helpful for chronic conditions such as pain, asthma, skin conditions, and poor digestion. CUPPING & GUA SHA SESSION $80 -Include Cell Phone in Email- SAUNA + FOOTBATH SESSION $80 -Include Cell Phone in Email- SAUNA-FOOTBATH-LYMPHATIC RELEASE SESSION $120 -Include Cell Phone in Email- Cleansing & Detoxification Treatments FIR SAUNA THERAPY: Far

Infrared is a specific wavelength of red light intented to treat deep into the tissue and promote alkalinity. According to Mayo Clinic, many studies have looked at using infrared saunas in the treatment of long-lasting health problems and found some proof that saunas may help. Conditions studied include high blood pressure, heart failure, dementia and Alzheimer's disease, headache, type 2 diabetes, and arthritis. SEA IONIC DETOXIFYING FOOTBATH: Positive and negatively charged ions circulate through the body primarily via the lymphatic and circulatory systems, which bathe cells throughout the body, acting like magnets to attract the oppositely charged ions of toxins, heavy metals and cellular waste. This process is painless and takes approximately 30 minutes. While some of the toxins are excreted through the approximately 2000 pores in the feet during the Detox Therapy Session, most importantly the Detox Therapy Session will result in a boost in the efficiency of the body’s natural excretory and toxin elimination functions for 24 to 48 hours after the session. LYMPHATIC RELEASE: Manual therapy with juniper infused oil over all the lymph node clusters and encouragement of upward and central lymph flow for rlease of trapped lymph toxins. Especially helpsful after a bacterial or viral illness and for inflammatory conditions. Personalized Beauty & Wellness Experiences Clear away stress, debris & toxins to restore your inner and outer beauty! Begin your session sipping a cup of therapeutic tea while we explore your beauty & wellness patterns. Head, neck & shoulder therapy may include Ancient healing modalities such as cupping, gua sha, acupuncture, microneedling, electroacupuncture, Tui Na, aromatherapy, flower essences, and finish with a positive healing meditation. 90 minute experience- 160. SCHEDULE YOUR BEAUTY & WELLNESS EXPERIENCE HERE! -Include Cell Phone in Email- Face Therapy Session Based on your skin type, face therapy begins with an organic cleanser, sheet mask application with Facial Roller treatment, Repair Serum Application, and PDT Facial Light Treatment ending with a facial mineral mist. 50 minute session- 80. Upgrade this to CBD Face Therapy- 120. FACE THERAPY SESSION -Include Cell Phone in Email-"Where You Are is Where We Begin" Personalized Wellness Journey TM Put yourself on "project status" and begin your own Personalized Wellness Journey with me! This is an individualized approach to creating balance, direction & wellness in your life. This goes deeper than naming a health problem, but instead gets to the very nature of YOU. FREE INTRO SESSION: We will begin your wellness survey and start the first few pages of the workbook- Were are you at?, Reflect on Each Aspect of Wellness, Conduct a 3 Step Analysis, Explore the Elements & Energy of Change, and Begin! The Foundation Personal Wellness Journey is a 6 week guided program that will be conducted outdoors weather permitting and/or via Zoom platform. Includes Personalized Wellness Journey Questionnaire and worksheets. Together we will set goals, prioritize your efforts and select the best methods to create balance and wellness in your life! FOUNDATION JOURNEY- 6 SESSIONS OVER 8 WEEKS- Details & Pricing provided to those who attend intro session. SCHEDULE NOW 203-271-1311 New England Naturopathic Center 325 South Main Street, Suite 4 Cheshire CT 06410 203-271-1311.”

d) from nenaturalmed.com/naturopathic-medicine:

“Naturopathic Medical Services Comprehensive Naturopathic Medical services are provided at NENC. Dr. Debra is a provider for Anthem BC/BS, CIGNA, Aetna, United Healthcare Oxford of CT & Connecticare. TELEMEDICINE AND IN-PERSON VISITS ARE AVAILABLE ON TUES-WED-THURS WELLNESS SERVICES APPOINTMENTS ON MONDAYS ACUPUNCTURE & EAR SEEDING/AROMATHERAPY APPOINTMENTS ON MONDAYS -online connection to auto-fill forms for a seamless experience. -comprehensive care including conventional lab testing, imaging, and functional medicine evaluation for treatment planning. -Patient access to online supplement ordering or curbside pick-up is available. SCHEDULE NOW 203-271-1311 “Exciting news! We are now partnering with Rupa Health to make your labwork experience more convenient and streamlined. They’re your go to for any questions around taking the tests and shipping samples in, and they make the whole process easier. You will get an email from them whenever we make a lab order for you. If you have any questions you can just respond to any of their emails or go to support.rupahealth.com.” Comprehensive Case Review Your entire medical history will be reviewed along with previous labwork and procedures. An evaluation of your nutritional intake, supplement regimen, lifestyle and medications will be conducted prior to issuing treatment planning. Consideration of your personal time, finances, and ability are incorporated into your plan along with referrals to specialists when needed. Functional Medicine Testing Conventional lab testing will be done more thoroughly along with functional medicine testing from specialty companies. Breath testing for SIBO, digestive stool analysis, food sensitivity and allergy testing, nutritional panels and more will be done when necessary. Genetic Cancer Screening through Myriad Laboratories is also ordered when the cancer history warrants this type of testing. Breast & Body Thermography Heat imaging is used to detect early changes in the breast tissue and is useful for detecting problems in other areas of the body. We offer this several times a year. THERMOGRAPHY DAY MONDAY, DECEMBER 11TH CALL FOR INFO & APPT Nutritional Therapy & Weight Management A variety of nutritional testing is offered, a nutritional physical is included in your exam, and a review of a diet diary is often recommended before proceeding with a nutritional prescription or weight management plan. Botanical Medicine, Aromatherapy, Homeopathy & Flower Essences The natural world offers us many different solutions to our mental, emotional and physical problems. We use a variety of forms and brands of products to get the best results for your health issues. Sauna, Detoxifying Footbath & Cleansing Programs These services are either offered a la carte or as a comprehensive program to address chronic conditions, seasonal cleansing, allergies, post surgical or injury recovery, for chronic digestive issues, pelvic/fertility problems and weight loss.”

e) from nenaturalmed.com:

“Your choice for NATURAL HEALING Comprehensive Naturopathic Integrative & Alternative Medicine 203-271-1311 VIEW OUR SERVICES Featured Services Rheumatology, Immunology & Supportive Oncology Care Use the power of natural medicine to treat chronic immune dysfunction, allergies, and auto-immune conditions. Learn how to strengthen and support your immune system for optimal health. Comprehensive treatment planning for oncology cases in collaboration with

medical and radiation oncologists. Genetic Cancer Screening in collaboration with Myriad Genetics. Far infrared sauna and ionic footbath for pain control. Acupuncture, cupping & Gua Sha treatments. Integrative Dermatology & Skin Therapies Get to the source of your skin issues by treating your microbiome, optimizing digestion, treating nutritional deficiencies, and finding the source of the issue. Extensive review of body products for optimal health of hair, skin & nails. Natural Gluten-free beauty products are suitable for pregnancy, lactation and oncology. Natural Beauty Mixing Bar on-site using natural and organic unscented bases with essential oil bar. Daily skin care products for all skin types. Endocrinology, Fertility & Hormone Balancing Conventional and functional medicine hormone testing for individualized treatment planning using plant based & glandular treatments. Comprehensive Fertility Care provided in collaboration with local Reproductive Endocrinology services. Fertility acupuncture provided to optimize conception and for interventional fertility egg retrieval and embryo transfer. Comprehensive supportive care for pregnancy, birth planning for labor & delivery, and prevention of post-partum complications. Cleansing & detoxification for hormone balancing. Nutritional Therapy & Weight Management Conventional and functional medicine nutritional testing for deficiencies, imbalances, allergies and more are used for individualized treatment planning. Consideration of blood type, lifestyle, cooking skills, budget, cultural considerations are all taken into account. Incorporating technology using apps, devices and computer programs are included. Keto, paleo, SIBO, blood type, low histamine, FODMAP, Metabolic Typing, Zone, 21 Day Fix, Mediterranean, Vegan/vegetarian, Gluten-Free/allergen-free diets and meal planning are all considerations. Nutritional Meal Planning Sessions are available for patients in the practice. Dr. A is working on her new book: Farmacy Cuisine and holds classes during the year on various aspects that will be included in the book."

025. ND Grant Pages at yourdestinywellness.com

a) from yourdestinywellness.com:

"(203) 687-9592 Take back your health Naturopathic Integrative Family Medicine Services Book Now our services Medical Weight Loss No insurance needed! Simple & effective medically supervised weight loss. Comprehensive Medical Care No more 15 minute doctor visits! Our holistic medicine model allows your doctor is here to truly hear you and get to the root cause of your conditions. Functional Lab Testing Our labs dig into how the body is working and we get to the root cause of your condition. Order your tests and sign up for a lab review visit. Conditions We Treat Click here to see a list of commonly treated conditions meet the doctor Dr. Grant, N.D., M.S.N., APRN, FNP-C Welcome, I am Dr. Destiny Grant - board-certified Family Nurse Practitioner & Naturopathic Doctor specializing in integrative women's wellness and high-performance health optimization Before earning my doctorate in natural medicine, I worked as a nurse in a hospital setting for many years. I soon realized that conventional medicine did not address the deepest needs of my patients, it mainly treated the symptoms and failed at working towards a cure. This drove me to discover naturopathic medicine and more specifically holistic family medicine . I have developed a passion for perimenopause care and serving a

population that currently has no space and poor research in modern medicine. I consider this is a medically underserved community. It is my absolutely dedicated to helping people diagnosed with chronic diseases like hypertension, diabetes, allergies, indigestion/reflux to name a few. I want to help you live life to the fullest. If you're not satisfied with the answers conventional medicine has provided, then take a look at naturopathic medicine or as some say, holistic medicine . Let me help you live longer and live stronger. HOW it Works Medical Weight Loss Medically-assisted weight loss for people struggling to lose weight with traditionally recommended efforts Visit Page Discovery Call 15 minute phone consultation where we discuss how we may work together on your health concerns Initial Consultation This is a comprehensive visit where we conduct your medical interview, come up with an action plan and order necessary lab work. First follow up visit In this visit we review labs ordered from the initial visit, discuss any changes since last visit and create your personalized treatment plan. Other follow up visits These visits range from 30 minutes to 1 hour based on your needs or case complexity. returning patients may book these at any stage in the course of treatment.”

b) from yourdestinywellness.com/our-practice:

“About our practice Integrative Family Practice Destiny Wellness is an integrative family practice. We blend natural with conventional western medicine to cater to the health needs of your entire family. Integrative family medicine is an approach to healthcare that focuses on treating the whole person, not just their symptoms. We use conventional medicine with alternative and complementary therapies, such as acupuncture, massage, and herbal medicine, to promote healing and well-being. At the heart of integrative family medicine is a deep understanding of the importance of family and community in health. We believe that when families work together to support each other’s health and wellness, everyone benefits and success is more likely. Our Approach We offer a holistic approach to healthcare. Our approach is rooted in empathy and compassion. We take the time to hear our patients' concerns and get a deep understanding of all aspects of the condition. We strive to create a warm and welcoming environment where patients feel comfortable and supported. We work with our patients to develop personalized treatment plans that address their unique needs and goals, and we emphasize the importance of self-care and healthy lifestyle choices. We are excited you have considered Destiny Wellness Integrative Family Practice as part of your healthcare journey. Find out more Please Note Naturopathic doctors will only prescribe pharmaceutical medications if they believe that they are in the patient’s best interest.”

c) from yourdestinywellness.com/the-doctor:

“About Us. Dr. Grant, N.D., M.S.N., APRN, FNP-C Dr. Grant is a certified Family Nurse Practitioner in the state of Connecticut who graduated Magna Cum Laude with her Doctorate in Naturopathic Medicine from the University of Bridgeport. Prior to naturopathic medical school she earned her Bachelor of Science Degree in Nursing in 2012 and worked as a nurse in the hospital setting caring for medical and post-surgical patients as well as critically ill neonates. Dr. Grant is a wife, and mother to 3 wonderfully intelligent and vivacious children. Hailing from Barbados by way of

Florida, Dr. Grant now lives and works in the state of Connecticut. She embraces natural lifestyle approaches such as the use of herbs, exercise, hydrotherapy and customized nutrition to facilitate the body's own natural healing. With her extensive knowledge of conventional medicine and disease processes she uses her expertise in nutrition, botanical medicine and functional medicine along with conventional diagnostic skills and laboratory tests to offer individualized treatments for patients of all ages. Outside of work, Dr. Grant loves to laugh, sing, dance and enjoys all things fashion. Please Note that Dr. Grant is currently licensed only in the sate of Connecticut. All patients seen must be within the state as mandated by local practice laws. If you reside outside of the state of Connecticut and would like to work with Dr. Grant as a health consultant, give us a call or add "Out of State" when booking your appointment."

d) from yourdestinywellness.com/our-medicine:

"What Is Naturopathic Medicine? Naturopathic medicine sometimes called "holistic medicine" or "alternative medicine" focuses on treating the person with the disease vs. treating the disease or symptoms. It is an integrative approach to care because it factors in lifestyle, diet, current medications, family and genetics, previous diagnoses as well as mental and emotional elements. Practicing medicine in this way allows us to take the time we need to ask "why?" and get to the root cause of your medical concerns. One of the key tenets of naturopathic medicine is the belief that disease is not just a random occurrence, but rather the result of imbalances or dysfunctions in the body. Naturopathic doctors take a whole-person approach to healthcare, taking into account a patient's physical, emotional, and spiritual health in order to create an individualized treatment plan that addresses the root causes of their illness. U.S. Licensed Naturopathic Doctors must successfully complete 4 years of accredited, graduate-level naturopathic medical school. The training includes the first 2 years of basic sciences, like conventional medical schools, but in the last 2 years naturopathic physicians are not only trained in clinical and medical sciences but also in botanical medicine, homeopathy, and nutritional medicine. Naturopathic physicians receive training in multiple natural therapies such as acupuncture, hydrotherapy, herbal medicine, and nutrition. They also learn to collaborate with other healthcare providers and refer patients to specialists when necessary. The emphasis of naturopathic medical training is disease prevention and optimizing wellness. A naturopathic physician takes rigorous professional board exams so that they may be licensed by a state or jurisdiction as a primary care general practice physician and is overseen by the naturopathic medical board. Dr. Grant employs lifestyle changes, botanical and nutritional medicine as well as nutrient support in her practice of naturopathic medicine, prescribing medications only if she deems it absolutely necessary."

e) from yourdestinywellness.com/pro-quality-supplements:

"shop professional quality supplements Why I Use Fullscript Online Dispensary With supplementation, QUALITY & SOURCING are of the utmost importance. When you shop for unverified online vendors, you run the risk of receiving counterfeit products that do not work the same. The supplements sold through the Fullscript Dispensary

are: Consistent in quality Backed by research Free from fillers Stored & shipped with appropriate temperature regulation protocols Guaranteed to be non-counterfeit If you are interested in purchasing high-quality, practitioner-grade supplements from brands that I know or personally trust, click on the link below! All patients of Destiny Wellness receive a 10% discount on supplements purchase through Dr. Grant’s Fullscript Provider Store *Disclaimer: Destiny Wellness, LLC receives a small commission from sales made using this link*

f) from yourdestinywellness.com/f/herbal-therapy-vs-prescription-medicine:

“Holistic Medicine vs Modern Medicine: What Your Doctor Can't Say. Holistic medicine vs conventional medicine or some might say Herbal therapy vs prescription therapy are two different approaches to treating medical conditions. Herbal therapy involves the use of plants and plant extracts to promote healing and alleviate symptoms. These natural remedies have been used for centuries to address a variety of health issues. Herbal therapy can be an effective treatment option for some patients, as many herbs have potent therapeutic properties and are generally safe when used appropriately. For Naturopathic Physicians, herbal therapy along with lifestyle changes, make up the foundation of our care. On the other hand, prescription therapy involves the use of medications that have been approved by regulatory agencies for the treatment of specific medical conditions. These medications are typically developed in a laboratory and are often more targeted than herbal remedies. Prescription therapy is usually the first-line treatment option for many conventional doctors. This is the really the heart of the matter when talking about the holistic vs conventional health approach. It’s important to note that both herbal therapy and prescription therapy have their own benefits and limitations. Herbal therapy may not be appropriate for all patients or conditions, and prescription therapy can come with potential side effects and interactions with other medications. Ultimately, the choice between herbal therapy and prescription therapy depends on a variety of factors, including the individual patient’s medical history, the severity of their condition, and their personal preferences. Your doctor can't legally tell you to take cinnamon to help your blood sugar. They are responsible for every recommendation. Medical doctors are not trained in herbology, So they quite literally can't say that. But seeing a licensed naturopathic physician can help patients understand the herbs rather than fear them, and make informed decisions about the best treatment approach for their specific needs. Natural interventions take longer and require more discipline on the side of the patient but effects can not only improve quality of life but extend life. All of these are things to consider when choosing holistic medicine vs modern medicine.”

g) from yourdestinywellness.com/f/naturopathic-medicine-for-integrative-family-care:

“Naturopathic Medicine for Integrative Family Care. When it comes to family health, it’s important to consider a holistic approach that takes into account the physical, emotional, and environmental factors that can impact well-being. Naturopathic medicine is a form of complementary and alternative medicine that focuses on natural remedies and treatments to support overall health and wellness. Let’s

explore how naturopathic medicine can benefit your family’s health. What is Naturopathic Medicine? Naturopathic medicine is a holistic approach to health that focuses on the body’s innate ability to heal itself. It utilizes natural remedies and treatments such as herbal medicine, acupuncture, nutrition, and lifestyle changes to promote healing and prevent disease. Naturopathic doctors are trained to diagnose and treat medical conditions, but they take a different approach than conventional medicine. They work to address the underlying causes of illness rather than just treating symptoms. Benefits of Naturopathic Medicine for Family Health Personalized Care: Naturopathic doctors take a personalized approach to care, taking into account each individual’s unique medical history, lifestyle, and health goals. They work with patients to create a customized treatment plan that addresses the root cause of health issues and promotes overall wellness. Safe and Effective Treatments: Naturopathic medicine utilizes natural remedies that are generally safe and well-tolerated. These remedies can be highly effective in treating a wide range of health conditions, including chronic pain, digestive issues, allergies, and more. Focus on Prevention: Naturopathic medicine places a strong emphasis on prevention, working to identify potential health risks before they become serious medical issues. This can help to reduce the need for more invasive treatments down the line. Complementary to Conventional Medicine: Naturopathic medicine can be used alongside conventional medicine to support overall health and wellness. In fact, many naturopathic doctors work collaboratively with other healthcare providers to provide a comprehensive approach to care. Family-Focused Care: Naturopathic medicine is an ideal choice for families because it takes a whole-person approach to care. Naturopathic doctors are skilled at addressing the unique health needs of each family member, from infants to the elderly. Essentially, naturopathic medicine can be a highly effective approach to family health and wellness. By focusing on natural remedies and treatments, naturopathic doctors can help families achieve optimal health and wellness in a safe and personalized way. If you’re interested in learning more about naturopathic medicine and how it can benefit your family, consult with a qualified naturopathic doctor to get started.”

026. ND Braungart Pages at coventrynaturopathichealth.com

a) from coventrynaturopathichealth.com:

“Coventry Naturopathic Health. Welcome to Coventry Naturopathic Health Dedicate yourself to a more natural approach to health and wellness! Visit Us What to Expect Naturopathic Approach The practice of naturopathic medicine includes typical diagnostic modalities: clinical and laboratory diagnostic testing, as well as unique therapeutic modalities Typical modalities include: nutritional medicine, botanical medicine, physical medicine, public health measures, hygiene, counseling, and homeopathy. Individualized plan. Treating the whole individual involves personalized formulation for each patient, a personally tailored set of therapies specifically designed to address genetics, nutrition status, lifestyle, and capacity for implementing suggestions. A typical first office visit will last 60 - 90 minutes* & each follow up is 30 - 60 minutes long* *depending on the day's set goals. Drugless Medicine. Research studies support that many more common acute & chronic diseases can be effectively managed though specific diet and lifestyle modifications, exercise protocols, and mind-body practices. In persons with diagnoses that cannot be reversed, treatment strategies aim to prevent ongoing damage and manage symptoms - to strengthen health and improve quality of life and life expectancy. Conveniently Located 20 minutes east of Hartford take 384 East to the end, continue on Rt 44, take a left at Rt 31 at the intersection of Rts 44 & 31 21 BREAD AND MILK ST: Above the Golf Shop - take the stairs to the right Free Parking Out Front Sign up for our newsletter: Email Address Services Offered Herbal Medicine AKA Botanical Medicine, Herbal Medicine, is the science and practice of using medicinal plants or their extracts to improve health, support wellness, and treat disease. In fact, many conventionally used pharmaceuticals are actually derived from plants. Today, Herbal Medicine combines evidence-based research along with traditional experience to provide safe and effective treatments in support of the body’s desire to heal. Herbal Medicine is a cornerstone of naturopathic practice and is one of the most effective therapies used to gently and safely treat illness while minimizing the risk of harmful side effects. Nutrition & Lifestyle Counseling. We have learned from previous scientists that 'matter cannot be created or destroyed'. The same is true of nutrients. Very often people suffer unnecessarily with disease due to simple nutrient being missing from the diet. The body cannot use what it hasn't been given. Nutritional Therapy works to assess the underlying needs of the body that exist either because they are underrepresented in the diet or as a result of an individual's unique genetic makeup. Many health complaints can also be improved with physical activity, but also (along with other factors) can create limitations to exercise. Personalized recommendations help to work around current limitations to expand and increase health and ability. Homeopathy. Homeopathy is an entirely unique system of medicine that literally translates to “like disease.” It was developed Germany by Samuel Hahnemann in 1796, based on his doctrine of like cures like Often confused with herbal medicine, homeopathic remedies are derived from natural sources, and can be either vegetable, mineral, or animal in origin. They original material is diluted to minimize any harm. Substances that match the unique constellation of patients symptoms -

not only the disease, but their reaction to the disease - are identified and given at specific doses and intervals to create change in health.”

b) from coventrynaturopathichealth.com/about-dr-braungart:

“Coventry Naturopathic Health. Welcome to Coventry Naturopathic Health. About Dr. Braungart. Education. Dr. Braungart is licensed to practice Naturopathic Medicine in the state of CT, where she has lived and worked for the past 15 years. She graduated with highest honors from the University of Bridgeport, College of Naturopathic Medicine, in 2012 and went on to complete her residency there. Since then, Dr. B has stayed on at UBCNM as adjunct faculty; she is pleased to be teaching future graduates in the areas of Laboratory Studies & Diagnoses, Hydrotherapy & Public Health. Certifications Dr Braungart is also certified in First Line Therapy (FLT) and trained in Cranio-Sacral Technique (CST). Other interests When not up north in Coventry or down by the seaside in Bridgeport, Dr B is found in between at her home formulating recipes for food or medicines, creating comforting skin salves & balms, or working outside in her prize-winning garden. Typical Services: Acute Visits Coughs, cold, flu, viral infections, sinus infections Ear Infections, tonsilitis Muscle or Joint Pain, strains and sprains, Gout Irregular or painful periods and PMS UTIs and Yeast Infections Seasonal allergies Local wounds, scrapes, bee stings & bug bites chronic disease management Anemia, Fatigue, Insomnia Recurrent or regular illness Diabetes Hyperlipidemia (increased cholesterol) Hypertension Constipation GERD & Indigestion IBS, Diverticulosis, Croh's disease, colitis Hypothyroidism Autoimmune disease Headache & Migrane Arthritis Menopause & peri-menopause PCOS Endometriosis Fibroids Breast pain or fibrocystic disease Attention Deficit and Learning difficulties Vertigo Weight loss Smoking Cessation Screenings: Gynecological services - including PAPs, STI testing, and counseling Screening Physical Exam - required annually by many insurance providers Screening Labs - to check on organ function before a problem develops School, Sports and Camp Physicals - for kids and adults, as needed Referrals as needed - for colonoscopy, mammogram, etc Be Sure To Ask About Unique Services Offered: First Line Therapy. Provides a clinically designed approach for implementing personalized interventions that include behavior modifications, diet, exercise, and appropriate nutritional support. This program offers clinically demonstrated successful medical nutrition therapy for supporting the management of healthy blood sugar, cardiovascular health, and body composition. Craniosacral therapy CST is a system of treatment that utilizes the intrinsic motion of the skull and nervous system to treat the whole body. Barely perceptible movements between bones are gently aligned to relieve pressure and improve the flow of blood, lymph, and nerve signaling in support of healing. *One of the more difficult techniques to master, and therefore one of the more controversial Home Visits Established patients are invited to inquire about the option for home visits. This is especially usefully for persons who are house-bound or without transportation; but if you are simply too busy to drive out, after at least one initial visit, arrangements can be made to schedule follow up visits at your home or office (*the facility must be appropriate for intake & PE). TARGETED WEIGHT LOSS PACKAGE Offered in conjunction with FLT or under the guidance of another weight loss plan. For some

those who could use a little extra support on their journey, shortened visits can be packaged together at a discounted price, allowing patients with specific goals that are measurable in the short term (ie, weight loss, waist or hip measurement, blood pressure tracking) to receive weekly or bi-weekly check-ins, to stay on track, vent, and get extra advice as needed. Personalized Supplement Packaging *call for details Coventry Naturopathic Health 21 Bread and Milk St, Coventry, CT 06238 (585) 729-0278."

c) from coventrynaturopathichealth.com/about-naturopathy-1:

"Coventry Naturopathic Health Welcome to Coventry Naturopathic Health Naturopathic Medicine What is it? Naturopathic medicine is a distinct practice of medicine that emphasizes prevention and the self-healing process to treat each person holistically and improve outcomes while lowering health care costs. Naturopathic Doctors are educated and trained in accredited naturopathic medical colleges to diagnose, prevent and treat acute and chronic illness, and to restore or establish optimal health by supporting the inherent self-healing process. Rather than suppressing symptoms, NDs work to identify underlying causes of illness, and develop personalized treatment plans to address them. Naturopathic Philosophy. First Do No Harm (Primum Non Nocere): Naturopathic physicians utilize a therapeutic order (below) to ensure using the least force necessary, avoid when possible the suppression of symptoms; and work with individuals' self-healing process. The Healing Power of Nature (Vis Medicatrix Naturae): Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing, and facilitate this inherent self-healing process. Identify and Treat the Causes (Tolle Causam): The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms. Doctor as Teacher (Docere): Education is a key component of naturopathic care; physicians encourage self-responsibility for health. Treat the Whole Person: When reaching a diagnosis and formulating a treatment plan, naturopathic physicians take into account the individual's physical, mental, emotional, genetic, environmental, social, and other factors. Prevention: An emphasis is always on disease prevention through assessment of known risk factors, susceptibility to disease, and by making appropriate interventions to prevent illness. The Therapeutic Order. 1. Remove Obstacles to Health. The first step in returning to health is to remove the entities that disturb health such as: poor diet, digestive upset and unhealthy stress levels that contribute to individual disharmony. 2. Stimulate the Self-Healing Mechanisms through use of therapies that stimulate and strengthen the body's innate self-healing and curative abilities, including nutrition, botanical medicines, hydrotherapy, homeopathy, and acupuncture. 3. Strengthen Weakened Systems. Certain therapies will be designed to enhance specific tissues, organs or systems so that they may be restored to optimal function. 4. Correct Structural Integrity. Very often addressed through physical modalities such as spinal manipulation, massage therapy, and craniosacral therapy, to improve and maintain skeletal and musculature integrity. 5. Use Natural Substances to Restore and Regenerate. The primary objective is to restore health; however, certain underlying pathologys must

be addressed through safe, effective invervetions. 6. Use Pharmacologic Substances to Halt Progressive Pathology. Naturopathic training includes pharmacology; however CT does not currently license NDs to dispense pharmaceutics. NDs are trained to understand potential adverse effects and herb-drug or nutrient-drug interactions to safely make recommendations. 7 Use High Force, Invasive Modalities: Surgery, Radiation, Chemotherapy. When life, limb, or function must be preserved, naturopathic physicians work cooperatively with MDs who are expertly trained; complementary naturopathic care can be utilized to support the system or reduce side effects. Coventry Naturopathic Health 21 Bread and Milk St, Coventry, CT 06238 (585) 729-0278."

027. ND Wing Pages at violethillnaturopathic.com

a) from violethillnaturopathic.com/about-1:

"Dr. Elizabeth Wing, ND Dr. Wing grew up in the Hudson Valley Region of New York. She now lives and works in Sharon, CT with her husband and her dog, Ladybug. Dr. Elizabeth Wing holds a Bachelors degree from Fordham University and a doctorate of Naturopathic Medicine from Bastyr University, a CNME-accredited institution, where she trained as a primary care doctor. She is also trained in Biofeedback, a practice within mind-body medicine that helps patients manage myriad things from stress to chronic pain. Dr. Wing completed a CNME-sponsored Naturopathic Residency with Dr. Rian Shah at Cascade Integrative Medicine in Issaquah, WA. She has advanced training in Constitutional Hydrotherapy, Homeopathic Detox & Drainage (including UNDAs, PEKANAS, & Gemmotherapy), a physical medicine technique called Biocranial Dural Attachment Therapy, and Nasal Release Technique (Binasal Specific). Dr. Wing focuses on inclusivity and respects individuality when interacting with patients. Her goal is to build resilience in her patients and to empower them through patient-education to encourage active participation in cultivating their own health. She utilizes an integrative and evidenced-based approach to healing when creating treatment plans. Clinical Interests: Nutrition, Hydrotherapy, Gastrointestinal Complaints, Endocrine Disorders, Rheumatologic/Autoimmune Disorders, Diabetes, Cardiovascular Disease, Anxiety, Depression, Dermatologic/Skin Complaints, Physical Medicine (Biocranial Dural Attachment Therapy, Craniosacral, OMT, Nasal Release Technique), Homeopathy, Homeopathic Drainage/Detox (UNDAs, PEKANAS, Gemmotherapy), Environmental Medicine (Mold Toxicity, Heavy Metal Toxicity), Lyme/Tick Borne Diseases and Chronic Disease."

b) from www.violethillnaturopathic.com:

""The sole and raised mission of the doctor is to reestablish the health of the sick, which is called cure." -Samuel Hahnemann. Traditional Naturopathic Care in Northwest Connecticut. Health Assessment. Naturopathic Medicine works with Nature and the body to prevent disease and to cure chronic illness. By assessing risk factors, we can work to minimize your risk of becoming ill. By identifying disturbances present in the system that are contributing to your current disease state, we can create a plan to help you move in a direction of healing. Personalized Nutrition. A major focus of Naturopathic Medicine is on nutrition. We will work with

you to ensure you are getting adequate nutrients from your food and that your digestive system is working optimally. Inflammatory foods will be identified and removed so that your body can assimilate nutrients from your food.. Individualized Treatments. Healing looks different for each individual, and so your treatment plan will be tailored to your unique needs. We use traditional Naturopathic Principles which include hydrotherapy, nutritional counseling, physical medicine, homeopathy, and herbalism when creating treatment plans."

c) from violethillnaturopathic.com/services-2:

"Our Services First Naturopathic Visit – Adult 90 minutes - $280 This visit is intended for all new patients seeking Naturopathic care, including those with chronic and/or complex health histories. The initial comprehensive visit will include a thorough health history, nutritional evaluation/testing, physical examination, and recommended laboratory testing. An initial treatment plan will be provided at the end of this visit and you will be scheduled for a complimentary Constitutional Hydrotherapy treatment. Book an Appointment First Naturopathic Visit - Pediatric 60 minutes - $190 This visit is intended for new pediatric patients seeking supplemental care for complex chronic issues. The initial comprehensive visit will include a thorough health history, nutritional evaluation/testing, physical examination, and recommended laboratory testing. An initial treatment plan will be provided at the end of this visit. Book an Appointment Nasal Release Technique Nasal Release Technique (also known as: Endonasal Technique, Cranial Facial Release, Nasal Cranial Release, Bilateral Nasal Specific Technique, Functional Cranial Release, and Neurocranial ReStructuring Nasal Specific Technique) is a structural modality used to move the cranial bones via an inflatable device inserted into the nasal passages. The outward pressure applied counteracts previous impactions placed on the cranial sutures. Find out more about the benefits of this procedure by clicking here. Initial Evaluation and Treatment: 30 minutes - $120 Follow-up Treatments: 15 minutes - $60 Book an Appointment Constitutional Hydrotherapy. Constitutional Hydrotherapy is a traditional Naturopathic technique used to stimulate the self-healing mechanisms and strengthen weakened systems. By applying hot and cold contrast towels with electrical physical therapy stimulation, Constitutional Hydrotherapy supports significant whole body detoxification and strengthening of the immune system. 60 minutes - $85 Thermography Thermography. We are excited to continue our partnership with CT Thermography. We will be offering Thermal Imaging at Violet Hill Naturopathic Clinic on a quarterly basis through our partnership with CT Thermography. You can book directly on their website by clicking the button below. Book Thermography Naturopathic Evaluations ESTABLISHED PATIENTS Follow-up Visit: - 45 minutes $145 Acute Visit: - 30 minutes $100 Brief Visit: - 15 minutes $55 Phone Call with Treatment: - 15 minutes or LESS. $40 Phone Call with Treatment: - 16 minutes or MORE. $55 Cancellation Policy. Please provide us with at least 24 hours notice should you need to cancel your appointment. A $50 fee will be applied for late cancellations or "no shows." To cancel your appointment, please call the office at 860-397-5195. Insurance/Payment. Violet Hill Naturopathic Clinic does not contract with any insurance plans. Upon request, Dr. Wing can provide you with a Superbill

which you can submit to your insurance company for full or partial reimbursement. Reimbursement from your insurance provider is dependent on your insurance plan and is not guaranteed. Payment for services is due in full on the day of your appointment."

d) from violethillnaturopathic.com/naturopathic-medicine:

""The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food." Hippocrates. Naturopathic Treatments follow the Therapeutic Order: Remove Obstacles to Health. Obstacles that can prevent the body from returning to its natural state of health include poor diet, digestive dysfunction, chronic or inappropriate stress, and dissonance within the individual. Stimulate the Self-Healing Mechanisms. To encourage self-healing in the system, Naturopaths employ therapies such as homeopathy, herbal medicine, constitutional hydrotherapy, and clinical nutrition. Strengthen Weakened Systems. Often times specific tissues or organ systems in an individual need strengthening. Targeted therapies to address these systems may include: dietary changes, lifestyle interventions, herbal therapies, specific minerals/vitamins/amino acids, and homeopathy. Correct Structural Integrity Skeletal and muscular integrity is important for overall health. Naturopaths utilize Craniosacral, massage, spinal manipulation, and other Physical Medicine techniques to correct and maintain proper structural integrity. Use Natural Substances to Restore and Regenerate The primary goal of Naturopathic Medicine is not to treat a pathology but to restore health to the whole system. When Naturopaths choose to add natural substances to the system for restoration, they work to ensure it is not making the system more toxic. Use Pharmacologic Substances to Halt Progressive Pathology. In some states Naturopaths can prescribe pharmaceutical medication if necessary. In the state of Connecticut, Naturopaths are NOT licensed to prescribe or manage pharmaceuticals. For this, you will be recommended to your Primary Care doctor or an appropriate Specialist. Use High Force Intervention: Surgery, Radiation, Chemotherapy. When life, limb, or function must be preserved, Naturopaths refer patients to Medical Doctors or Osteopathic Doctors who are expertly trained in these areas. Naturopaths use complementary or supportive therapies to decrease side effects and increase the effectiveness of these types of procedures. Naturopathic Doctors are guided by these 6 principles: Do no harm. When choosing modalities for diagnosis and treatment, Naturopaths make choices that will minimize the risk of harmful side effects. By working with the body's innate ability to heal, Naturopaths avoid the suppression of symptoms when possible, and work with nature to bring about healing. The healing power of nature. The Vis Medicatrix Naturae is recognized by Naturopaths as the body's innate ability to heal itself. It is the job of the Naturopath to support this innate healing by identifying and removing "obstacles to cure," and supplement with Naturopathic treatments when necessary. Identify and treat the cause. Naturopaths work to treat the root cause of an illness rather than suppress symptoms. Physician as teacher. Part of the responsibility of a Naturopath is to educate their patients. When a patient is educated about their body, they are empowered to take responsibility for their health and healing. Treat the whole

person. People are more than the physical manifestation of their illness. Naturopaths seek to understand the physical, mental, emotional, social, and spiritual planes that contribute to a person's health. They also take into account environments and relationships that contribute to an individual's health. Prevention. Exposure to risk factors impact the chance of future illness. Naturopaths assess genetic, environmental, and social risk factors that may impact an individual's health."

028. ND Zampieron Pages at drznaturally.com

a) from drznaturally.com:

"Dr. Eugene Zampieron, ND. With over 25 years of experience as a Naturopathic medical physician, herbalist, professor, internationally known author, lecturer, and Radio personality… let Dr. Zampieron's encyclopedic knowledge of science-based natural medicine help you attain optimum health through Naturopathy…What is Naturopathy? Naturopathic medicine (Naturopathy, sometimes referred to as Alternative Medicine) is a distinct primary health care profession; it is an art, science, and practice of preventing, diagnosing, educating and treating the patients' mind & body through the use of safe and effective therapeutic methods and substances. Naturopathic medicine encourages the person's inherent self-healing process, treats the underlying cause of disease versus only treating symptoms, and helps patients attain optimal wellness. Who is Dr. Z? Dr. Eugene Zampieron, ND., also known as Dr. Z, is a Doctor of Naturopathic Medicine, licensed by the board of Naturopathic Medical Examiners in Connecticut as a Naturopathic Physician. Dr. Z is an authority in the Naturopathy field, nationally recognized for his radio programs on Health and Alternative Medicine, his best-selling books, his international " EcoTours for Cures ™ ", his lectures and seminars, and also his classes at the University of Bridgeport College of Naturopathic Medicine. He resides with wife Kathleen and their two children in Woodbury, CT. Read more about Dr. Z and his fascinating work in his Biography section."

b) from drznaturally.com/biography:

"Biography Who is Dr. Z? Eugene R. Zampieron is a Doctor of Naturopathic Medicine and is licensed by the board of Naturopathic Medical Examiners in CT as a Naturopathic physician. He practices in Woodbury with an emphasis in environmental medicine and detoxification therapy using hydrotherapy, nature cure, homeopathy, and botanical medicine. He also is an authority on the successful management of acute and chronic pain, autoimmune diseases, arthritis, fibromyalgia and other inflammatory disease with Naturopathic & "Global "(Natural Medicine & Healing Systems worldwide) therapeutics. He also treats a wide array of women's health disorders. He received his B.S. in Biological & Marine Sciences from the State University of New York at Stony Brook, Long Island, minoring in Science & Technology. He began to pursue masters level course work in marine invertebrate zoology, with field research in Jamaica, WI, when illness changed his life.…While studying in Jamaica and becoming ill, Dr. Zampieron was healed by a Jamaican "Bush" Doctor/Traditional Herbalist/Shaman. Now fascinated by herbal and folk healing, the ethnobotany of the Caribbean, and medical anthropology, Dr.

Zampieron pursued his new passion & switched careers. He attended Bastyr University of Natural Health Sciences in Seattle, WA, a residential Naturopathic medical program. After 4 years of medical schooling and internship, he received his Doctorate Degree in Naturopathic Medicine with honors. Naturopathic doctors are the only primary care physicians in the healing arts that study the scientific aspects of herbal medicine, like the fields of medical botany, and clinical phytotherapy. Dr. Zampieron spent the next 20 years researching and documenting the ethnobotany, spirituality, and healing plant traditions of a Maroon medicine man and shaman named JAMBA in the tropical forests and bush of Jamaica, WI. Fascinated by ethnobotany and medical anthropology, Dr. Zampieron travels to the rainforests frequently and apprentices with herbalists and shaman, searching for novel remedies and promising crude drugs from the folk medicine of this culture. He is currently authoring a book based on his research entitled “Field Guide & picture book of the Medicinal Herbs & Spices of the Maroon & Rastafarian People of Jamaica, WI” which will be completed in 2004. His present clinic, The Naturopathic Medical Center of Woodbury, has full facilities in spa, hydrotherapy, physical medicine, massage, botanical medicine, clinical nutrition, traditional Chinese healing & acupuncture. Biography Dr Eugene R. Zampieron, N.D., AHG Dr. Zampieron is a Medical Herbalist and Professional Member of the American Herbalist Guild. He is an expert in the biochemistry & pharmacology of plant based medicine from around the globe, as well as clinical phytotherapeutics. Dr. Zampieron with Dr. Ellen Kamhi currently leads exciting natural medicine walking tours through Chinatown, NYC, Little India, NYC, and teaches seminars on edible weeds, medicinal plant identification and wildcrafting the herbs of the Northeast. He teaches botanical medicine seminars and has taught seminars on Medical Botany at the prestigious New York Botanical Gardens in the Bronx, NY. Dr. Zampieron, or Dr. Z , as he is known by his listeners, has co-hosted/ produced several nationally syndicated talk radio programs on health and alternative medicine, including The Natural Medicine Chest TM & Natural Alternatives Health Radio Network. He also produces and is a regular guest on several local TV & radio programs throughout Long Island & Connecticut, including Natural Alternatives and The Natural House Call. Dr. Zampieron is a professional speaker and writer, and has several national syndicated columns and peer-reviewed articles in medical journals. He teaches with an encyclopedic knowledge of natural medicine. Dr. “Z” has taught hundreds of lectures, seminars, and radio workshops on a myriad of topics in holistic health & botanical medicine to lay people, physicians, trade shows, conferences, botanists, hospitals, & support groups (dossier available). In addition to authoring over 1000 tapes and articles on the vast field of natural medicine & therapeutics, Dr. Z has co-authored with Ellen Kamhi, Ph.D., R.N. three books, The Natural Medicine Chest TM: Natural Alternatives to Keep You & Your Family Thriving into The Next Millennium! , (M. Evan & Co., Inc.,) and his major work, The Alternative Medicine, Definitive Guide to ARTHRITIS….(The CURE resides in YOU)! , published by Burton Goldberg and Alternativemedicine.com Publishing Group. (Burton was responsible for publishing ALTERNATIVE MEDICINE: THE DEFINATIVE GUIDE, one of the best selling and most popular encyclopedic books on alternative medicine.) Dr. Zampieron will also be featured in several upcoming books on holistic health by Prevention magazine/Rodale Press, and is a major contributing author to Dr. Kamhi latest book,

CYCLES OF LIFE . Dr. Zampieron publishes his nationally syndicated health column, The Natural Medicine Chest, in HEALTHY & NATURAL JOURNAL, a leading health magazine with a large, national circulation, Creations, and Conscious Living Magazine. He has been a consultant with the nutritional and herbal industry, where he has developed his own line of botanical products for the consumer available in health food stores internationally, and has been a presenter at major national expos. He is on the advisory board to the University of Bridgeport College of Naturopathic Medicine, and is a associate professor in Naturopathic and Botanical medicine. Dr. Z's hobbies include listening to global/world music, organic farming, wildcrafting medicinal plants, radio, and hiking. He co-hosts one of the longest running Reggae & Caribbean music programs in the U.S., (15 years) Rockin' Iration, and is an ethnobotanist with EcoTours for Cures TM , leading adventure and ecologically based tours and specialty travel groups into the rainforests around the globe. EcoTours for Cures has been featured in national travel magazines, in he in the book, Adventure Guide to Jamaica, and on the world wide web at www.EcotoursForCures.com . He resides with wife Kathleen and his two children, Caitlin and Kevin, on a 10-acre woodlands sanctuary in historic Litchfield County, CT.

c) from drznaturally.com/practice:

"Practice Doesn't it make sense to trust your health to… The Doctor/Professor who trains the next generation of licensable Naturopathic physicians, the Doctors of the Future…. A Physician who spends time not only treating the disease the patient has, but TREATS the patient who has the disease… The Doctor who writes best-selling books on science-based, natural medicine…. A physician with years of experience, on the cutting edge of his profession…. The Doctor who is one of the founding fathers of the resurgence of Naturopathic Education on the Eastern seaboard… Prevention: The Best Cure Dr Zampieron emphasizes the PREVENTION of disease. Dr. Z can help you assess your risk factors to devastating diseases and work in partnership with you to prevent illness by making appropriate lifestyle choices. Naturopathic physicians/Medicine: · Practice the REAL DEFINITION of Traditional medicine (based on thousands of years of tradition) from a global perspective Are primary care general practitioners trained as an expert in natural medicine Blend natural therapeutics with current advances in diagnosis/treatment Are concerned with finding immediate and underlying causes for illness cooperate with all other branches of medicine and will refer out when appropriate… Emphasizes prevention and whole-patient care… In addition, Dr. Zampieron is a certified Professional herbalist with the American Herbalist Guild and can thus use the title, Herbalist, AHG. This entailed a rigorous, peer-reviewed process to document Dr. Zampieron's postdoctoral expertise in clinical herbalism, ethnobotany and plant identification above and beyond the average Naturopathic doctors scope of training. A major part of Dr. Zampieron's mission is to help you understand how to prevent as well as treat disease by improving your health right NOW! Dr. Zampieron's areas of expertise and successful clinical track record include the prevention and treatment of: Chronic rheumatic diseases such as Rheumatoid Arthritis, Osteoarthritis, Gout, and Psoriatic Arthritis….Immune disorders such as allergy, Candidiasis, Sinusitis,Chronic Fatigue

Syndrome, colds and flu… Acute and Chronic musculoskeletal conditions such as neck/back pain, bursitis, sciatica, headaches, fibromyalgia, and injury… Digestive disorders, such as Irritable Bowel syndrome, Colitis, Crohn's disease, ulcers and bloating/maldigestion… Stress, Hypertension, Obesity, diabetes and Environmental toxicity Including heavy metal and chemical toxicity Urogenital conditions such as bladder infections, BPH, and prostatitis… ADD, ADHD, Epilepsy… Chronic dermatological conditions such as eczema and psoriasis… What can I expect? A comprehensive history, laboratory evaluation, short physical exam and diagnostic testing as needed will be performed by Dr. Zampieron himself during the initial 75 minute consultation. A complete physical exam, including Western and Eastern approaches to diagnosis, will be preformed in the second visit. A program of natural therapeutics, dietetic restructuring and/or natural medications may be prescribed. Dr Z. strives to provide the most cost effect, minimally invasive approach resolving your health concerns. Some of the therapies and lab assessments offered are: Biochemical Nutritional/dietary assessment Botanical medicine Homeopathy (Both classical and contemporary/combination therapy) Weight management Allergy testing and desensitization Stop smoking protocols Physical/Neurological · Naturopathic physical medicine, Ultrasound and Hydrotherapy · Natural pain management · Manipulation of joints and soft tissue · Traditional Chinese Medicine and Acupuncture Nature Cure· Supervised Detoxification · Fasting · Colonic hydrotherapy· Herbal individualized prescription via Saliva analysis New Patient Information New patient forms can be downloaded here (right-click, select "Save target as…", and save it to your computer) . You will need Adobe Reader to open them. If you don't have Adobe Reader, you can download it here (free)."

029. ND McPherson ND Pages at drflomcpherson.com

a) from drflomcpherson.com:

"Dr. Florence McPherson ND. Florence McPherson N.D. holds a doctorate of Naturopathic medicine. She is a board certified and licensed Naturopathic Physician, in the state of Connecticut, specializing in Homeopathy and Women's Health. She is a health educator, professor, physician and seasoned clinician in private practice for 21years. Currently, Dr McPherson teaches Homeopathy at Bastyr University Seattle, Washington and an Anatomy and Physiology lab course at The University of Bridgeport . She is a current member of The American Institute of Homeopathy, the oldest extant national medical professional association in the US. Dr McPherson enjoyed a rewarding 13 years as a didactic and clinical professor of Homeopathy at The University of Bridgeport College of Naturopathic Medicine and at The Graduate Institute for 7 years. She is currently co-managing a complementary and alternative medicine program for 3rd year medical students at New York Medical College. Dr. McPherson began practicing Homeopathy over 30 years ago while living in Seattle, Washington where she was exposed to alternative healing arts and Naturopathic Medicine. She began cultivating and honing her connection to herbs and the land as well as homeopathy while living in the great Northwest! Homeopathy was a natural study for her. It was an intellectual as well as soul connection to the material and a natural progression of study out of her work as a counselor in the social service field working with homeless families in crisis. As a lay

homeopath Dr. McPherson entered Naturopathic medical school, 13 years later, during her re-location to the east coast, continuing her work in the social service field with the Archdiocese of Manhattan. She received her Doctorate of Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine in 2003 and has been in private practice since. She is a skilled and seasoned homeopath, an avid herbalist and a Reiki practitioner. With a honed intuition Dr McPherson can assist with aligning you on your specific path to wellness and well being. It has been an honor treating all patients that have come to me for care for these past 21 years! It continues to be a rich and fulfilling experience. As a Naturopathic physician Dr McPherson will offer you a unique experience empowering you to heal while acting as a teacher so that you may further facilitate your path to wellness and growth. Some of her patients call her Dr. Flo and comment on her healing, calm and reassuring presence. Dr Florence McPherson N.D. is a member of The American Institute of Homeopathy, The New York Academy of Sciences and The American Association of Naturopathic Physicians. Dr McPherson recently was honored to attend/study with Professor George Vithoulkas at The International Academy of Classical Homeopathy in Alonissos,Greece and previously at The New York Medical College- medical Homeopathy. In addition with Dr. Andre Saine at The Canadian Academy of Homeopathy and Dr. Farokh Master. She is the mother of a vibrant, healthy daughter who is treated using Naturopathic medical principles and homeopathy. They enjoy the outdoors and maintain their lovely property in Connecticut. Dr. McPherson enjoys treating children and young adults as well. What is Homeopathy? Homeopathy is a medical art and science. It is a truly holistic approach to health as it emphasizes people rather than disease. Homeopathy is based on the principle that "Like Cures Like". Give the body what it is suffering with or from and the body will naturally realign itself to a state of health. Founded in the 1700's by the German Physician and Chemist Samuel Hahnemann, homeopathy continues, two hundred years later, to treat and prevent illness. Homeopathic medicines are among the safest known: non-allergenic, non-toxic, free of side effects and have no known drug interactions. They are prepared from herbal, mineral and animal substances and made in accordance with the HPUS (Homeopathic Pharmacopoeia of the United States) and regulated by the FDA. Homeopathic remedies act curatively and preventively by raising your general level of health by strengthening your own internal defense mechanism or immune system. What can Homeopathy Treat? Homeopathy treats all illnesses whether they are of a general medical, pediatric, gynecological or psychological nature. The homeopath sees each patient as a unique individual with a unique personality and unique set of symptoms. This means that six persons with the same illness might each get a different homeopathic remedy. Because homeopathy treats the individual and not just the disease, it has been proven very effective in treating mental and emotional conditions as well as long standing chronic illness. Many cases of the following have successfully been resolved using homeopathy: Depression Chronic Fatigue ADD Menstrual pain Arthritis Menopause Symptoms Fibroids Chronic Pain Migranes PMS. Children can benefit greatly from homeopathic care. Physical ailments such as: Chronic ear infections Sore throats Colds Asthma can be successfully treated. Even children diagnosed with ADD, Developmental delays and other behavioral problems have experienced dramatic improvements.”

b) from drflomcpherson.com/cervical-dysplasia:

“Cervical Dysplasia HPV Cervical dysplasia Gynecology treatments are available to treat cervical dysplasia and the virus HPV - Human Papilloma Virus. Naturopathic treatment consists of a series of applications applied directly to the cervix that can be done at home in suppository form which historically has assisted in the healing of dysplasia of the cervix. In addition: high potency vitamins and minerals are used to support the body during and after the treatment protocol or in all cases of cervical dysplasia. Counseling is provided to each patient and each diagnosis. For detailed information and/or a consultation you may phone the office at: (203) 685-5795.”

c) from drflomcpherson.com/gynecology:

“Gynecology Annual gynecology examinations are preformed by Dr. McPherson including annual PAP and breast exams. Dr McPherson treats common gynecological ailments using alternative treatment modalities. Conditions treated may include: Yeast infections, gardnerella infections or other bacterial infections, vaginal dryness, vaginal herpes, vaginal warts or HPV, cervical dysplasia, PMS., menopause symptoms, fertility assistance, fibroids, cysts and menstrual irregularities. A treatment protocol will be tailored to meet your individual needs and specific symptoms which may include herbs, vaginal suppository treatment, multivitamins and minerals and homeopathy. Located in Milford, Ct., New Haven County.”

d) from drflomcpherson.com/organon-study:

“Organon Study. Dr. McPherson is holding weekly 2-hour classes on foundational Homeopathic Medicine, at her office location in Milford, CT. The Organon of the Medical Art 6th edition, by Samuel Hahnemann founder of Homeopathic science is the subject of study. If you are interested in participating you may contact Dr. McPherson at 203-685-5795 or drflomcpherson@aol.com.”

e) from drflomcpherson.com/post/vitalism-in-naturopathic-medicine-and-homeopathy:

“Vitalism in Naturopathic Medicine and Homeopathy. Connecticut Association of Naturopathic Physicians Conference: Revitalizing Naturopathic Medicine, 2021 presenter.”

f) from drflomcpherson.com/post/vitalism-in-homeopathy:

“Vitalism in Homeopathy. American Institute of Homeopathy 2022 Conference presenter.”

d) from drflomcpherson.com/post/10-homeopathic-healing-remedies-in-clinical-practice:

“10 Homeopathic Healing Remedies in Clinical Practice. University of Bridgeport Health Sciences Vendor Day. April 25th, 2019.”

e) from drflomcpherson.com/post/educational-interview-with-dr-mcpherson-on-homeopathy-with-the-natural-nurse-and-dr-z:

“Educational Interview with Dr McPherson on Homeopathy with the natural nurse and Dr. Z. http/www.naturalnurse.com/2018/06/19/homeopathy-today-florence-mcpherson/.”

f) from drflomcpherson.com/reiki:

“Reiki Lying face up, fully clothed on a massage table healing hands are placed in 6-8 areas of the body for 5 minutes of energy healing each while soothing music plays and deep relaxation happens to promote physical, emotional and mental energy healing. Each reiki treatment is tailored to your specific individual needs and goals with Dr. McPherson.”

g) from drflomcpherson.com/nutrition:

“Nutrition. Food is medicine and at the core of Naturopathic medical principles of health and healing! A tailored nutritional protocol will be provided to optimize your general well being and increase your vitality! Naturopathic doctors are trained in medical nutrition. The B vitamins are the true fountain of youth:) We will assist you through blood testing and counseling to be the best version of You!”

030. ND Raistrick ND McPherson Pages at centerfornaturalmedicine.net

a) from centerfornaturalmedicine.net/team/jonathan-raistrick:

“Dr. Jonathan Raistrick. Dr. Jonathan Raistrick, ND, MSTCM, graduated from Bastyr University in Seattle, Washington with his Doctorate in Naturopathic Medicine in 1990. He attended Southern Illinois University in Carbondale for his bachelor's degree in Biological Sciences. Following graduation in 1990, he moved to Connecticut where he opened his practice and started seeing patients on a full-time basis. Dr. Raistrick's dream was to build a practice dedicated to holistic medicine and other natural modalities to not only help prevent disease in men, women, and children but to also help treat the root cause of any illness in the most natural and safest way possible. After being in practice for 23 years, Dr. Raistrick advanced his knowledge and education in East Asian medical studies. He enrolled in the University of Bridgeport Acupuncture Institute and received a dual Masters (MSTCM) in acupuncture and Traditional Chinese herbalism. For 33 years, Dr. Raistrick was a member of the Connecticut Board of Naturopathic Examiners for Connecticut Department of Public Health. He is also a contributing author in The Textbook of Natural Medicine and has published articles regarding health and holistic medicine. Education B.S., Biological Sciences, Southern Illinois University, Carbondale Doctorate in Naturopathic Medicine, Bastyr University, Seattle MSTCM, Acupuncture and Traditional Chinese herbalism, University of Bridgeport Specialties Physical Medicine and Osseous Adjustment Traditional Chinese Medicine and Acupuncture Genotype Diet, Nutrition and Lifestyle Counseling Gastrointestinal and Metabolic Disorders Stress and Pain Management.”

b) from centerfornaturalmedicine.net/team/dr.-florence-mcpherson:

“Dr. Florence McPherson. Florence McPherson N.D. holds a doctorate of Naturopathic medicine. She is a board certified and licensed Naturopathic Physician, in the state of Connecticut, specializing in Homeopathy and Women's Health. She is a health educator, professor, physician and seasoned clinician in private practice for decades. Dr McPherson has taught Anatomy and Physiology lab course at The University of Bridgeport . She is the current President-elect, board of trustees member of The American Institute of Homeopathy, the oldest extant national medical professional association in the US. Dr McPherson enjoyed a rewarding 13 years as a didactic and clinical professor of Homeopathy at The University of Bridgeport College of Naturopathic Medicine and at The Graduate Institute for 7 years. She received her Doctorate of Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine in 2003 and has been in private practice since. She is a skilled and seasoned homeopath, an avid herbalist and a Reiki practitioner. With a honed intuition, Dr McPherson can assist with aligning you on your specific path to wellness and well being. It has been an honor treating all patients that have come to me for care for these past 21 years! It continues to be a rich and fulfilling experience. As a Naturopathic physician Dr McPherson will offer you a unique experience empowering you to heal while acting as a teacher so that you may further facilitate your path to wellness and growth. Some of her patients call her Dr. Flo and comment on her healing, calm and reassuring presence. Dr Florence McPherson N.D. is a member of The American Institute of Homeopathy, The New York Academy of Sciences and The American Association of Naturopathic Physicians. Dr McPherson recently was honored to attend/study with Professor George Vithoulkas at The International Academy of Classical Homeopathy in Alonissos,Greece and previously at The New York Medical College- medical Homeopathy. In addition with Dr. Andre Saine at The Canadian Academy of Homeopathy and Dr. Farokh Master.”

c) from centerfornaturalmedicine.net:

“A Complete Approach to Wellness Our Holistic Healing Approach Blending natural wisdom with modern care, we treat the whole person — not just the symptoms. Our integrative methods nurture harmony in body, mind, and spirit. Nutritional Counseling Our nutritional counseling focuses on restoring balance through mindful eating and healthy lifestyle choices. 01 Traditional Medicine Rooted in ancient wisdom, Traditional Medicine uses acupuncture and herbal therapy to harmonize the body’s energy. 02 Licensed Psychotherapy Our psychotherapy sessions offer a compassionate space to explore emotions, release old patterns, and gain self-awareness. 03 Advanced Reiki Healing Reiki is a gentle energy-healing practice that restores balance, relieves stress, & nurtures harmony between mind & body. 04 Our Services Discover Our Natural Therapies Experience holistic treatments that restore balance, relieve stress, and promote lasting wellness through the power of natural healing. Comprehensive Naturopathic Care Our Doctors offer holistic comprehensive and preventive care that focuses on natural methods to restore and maintain optimal health by supporting the patient's inherent self-healing process. Restores natural strength and flexibility. Boosts mobility and lasting recovery. Eases pain with targeted therapy. Know More Traditional Chinese Medicine Our Doctors

practice Traditional Chinese Medicine, which is designed to help patients achieve & maintain health using the four pillars of acupuncture, movement (taiji, qigong), nutrition, & Chinese herbs. Ease pain and stress naturally. Boost balance and immunity naturally. Nourish your body with clean eating. Know More Homeopathic Medicine Homeopathy is a medical art and science. It is a holistic approach to health as it emphasizes people rather than disease. Homeopathy is based on the principle that "Like Cures Like". Give the body what it is suffering from and it will naturally realign itself to a state of health. Treats the person, not symptoms. Promotes lasting health and wellness. Heals chronic and stress conditions. Know More Psychotherapy Psychotherapy, also known as talk therapy, is a form of treatment that involves a licensed mental health professional working with an individual to improve their mental health and well-being. Treats root causes with personalized care. Creates a safe space for healing. Develops coping skills for lasting growth. Know More. Healing Hypnosis Groups. Join us for our Healing Hypnosis Group Series, which will take place in person or virtually. The power of community can create a synergistic environment that allows for transformation, growth and connection. Please call for more information or to register 860-499-8277."

d) from centerfornaturalmedicine.net/naturopathic-care:

"Comprehensive Naturopathic Care Comprehensive naturopathic care focuses on treating the whole person rather than just symptoms. Naturopathic medicine combines natural therapies with modern science to restore and optimize health. It focuses on prevention, treating the whole person, and supporting the body's ability to heal itself. A naturopathic doctor uses natural healing methods to identify and address the root cause of health issues, aiming for long-term wellness instead of quick fixes. This approach often combines nutrition, lifestyle guidance, herbal medicine, and other evidence-based therapies to support the body's ability to heal itself. Naturopathic doctors use clinical research and evidence-based practices to ensure safe and effective treatments. If you're searching for the best doctor, look for someone who prioritizes personalized care, listens to your concerns, and creates a plan that aligns with your unique needs. Naturopathic care is ideal for those who value a holistic approach and want to restore balance naturally. Assessment and Diagnostic Testing A comprehensive medical history, laboratory evaluation and diagnostic testing as needed will be done during the initial one-hour office visit. An individualized program of natural medications and therapy may be prescribed. We strive to provide the least invasive and most cost-effective approach to resolving your health concerns. Women's Health We want to support the unique challenges women face throughout life. Whether hormonal imbalances (menopause, PMS etc), urinary disorders or gynecologic health. Our team will serve you in an individual and personalized manner to achieve optimal wellness. Men's Health We are committed to addressing conditions that solely pertain to males. Whether hormonal imbalances, urinary disorders, prostate health, and we recognize the importance of keeping each individual's needs in mind. We offer compassionate care alongside clinically proven and cutting-edge therapies to address your concerns. Physical Medicine Physical medicine aims to enhance and restore functional ability and

quality of life to those with physical impairments of joints, ligaments, muscles, and tendons. Treatment by soft tissue massage, moving bone, electrical stimulation, orthopedic exercises, and heat applications are often used once a patient has been evaluated."

e) from centerfornaturalmedicine.net/homeopathy:

"Homeopathic Medicine Homeopathy treats illnesses whether they are of a general medical, pediatric, gynecological or psychological nature. Each patient is seen as a unique individual with a unique personality and set of symptoms. Homeopathic medicine treats the individual and not just the disease, it has been proven very effective in treating mental and emotional conditions as well as long standing chronic illness. Conditions Successfully Treated Include Depression and Anxiety Homeopathy gently restores emotional balance by addressing the root causes of stress, anxiety, and mood swings. Through individualized natural remedies, it promotes calmness, resilience, and overall mental well-being. Chronic Fatigue Homeopathy restores natural energy levels, enhances vitality, and boosts overall well-being by addressing the root causes of chronic fatigue, stress, and persistent exhaustion for lasting rejuvenation. ADD / ADHD Homeopathy promotes focus, calmness, and emotional balance in children by using gentle, natural remedies carefully tailored to support each child's unique behavioral needs, learning patterns, and emotional development. Menstrual Pain and PMS Homeopathy naturally relieves menstrual cramps, mood swings, and hormonal imbalances while supporting regular cycles, emotional stability, and overall comfort throughout every stage of a woman's menstrual health. Arthritis & Chronic Pain Homeopathy reduces inflammation, stiffness, and joint pain while improving mobility and flexibility through gentle, long-term natural healing that supports joint strength, comfort, and overall physical well-being. Menopause Symptoms Homeopathy naturally balances hormones to ease hot flashes, irritability, mood swings, and sleep disturbances, supporting emotional stability, comfort, and overall well-being throughout the menopausal transition. Fibroids Homeopathy helps naturally shrink fibroid growth, regulate heavy or irregular bleeding, and relieve pain and discomfort through gentle, hormone-balancing remedies that promote long-term uterine health and overall well-being. Chronic Ear Infections and Sore Throats Homeopathy strengthens the immune system, prevents recurrent infections, and gently soothes inflammation to provide lasting relief from chronic ear and throat conditions, promoting overall respiratory and immune health. Migraines Homeopathy addresses the root causes of recurring headaches to effectively reduce their intensity, frequency, and associated symptoms such as nausea, stress, and fatigue, promoting long-term relief and balance. Colds and Asthma Homeopathy enhances respiratory health, relieves congestion, and supports easier, deeper breathing through gentle, immune-boosting natural remedies that strengthen lung function and promote long-term respiratory balance and vitality. Developmental Delays and Behavioral Problems Homeopathy encourages emotional balance, learning focus, and healthy developmental progress in children through safe, non-invasive natural remedies that gently support cognitive growth, emotional stability, and overall well-being."

f) from centerfornaturalmedicine.net/traditional-chinese-medicine:

“Traditional Chinese Medicine Ancient Wisdom for Modern Health TCM is a holistic healing system that originated in China over 2,500 years ago. TCM is holistic, focusing on restoring balance and harmony in the body, mind, and spirit through concepts like Qi (life force), Yin-Yang, and the Five Elements. It is based on the principle that health depends on the balance and flow of Qi (life energy) throughout the body. When Qi is harmonious, we experience vitality; when disrupted, illness can occur. The Five Elements TCM recognizes five fundamental elements—Wood, Fire, Earth, Metal, and Water—as the building blocks of life and health. Each element corresponds to specific organs, emotions, and seasons: Wood: Growth and flexibility (Liver, Spring) Fire: Warmth and joy (Heart, Summer) Earth: Stability and nourishment (Spleen, Late Summer) Metal: Structure and clarity (Lungs, Autumn) Water: Flow and wisdom (Kidneys, Winter) . Practitioners use these relationships to understand patterns of imbalance and guide treatments that restore harmony. TCM focuses on treating the root cause, not just symptoms, and works alongside modern medicine to promote overall wellness.

d) from centerfornaturalmedicine.net/colonic-hydrotherapy:

“Colonic Hydrotherapy. Colonic hydrotherapy is a safe, gentle cleansing process designed to support your digestive health and overall well-being. During a session, warm, filtered water is introduced into the colon to flush out accumulated waste and toxins, aiding the body’s natural detoxification process. This cleansing can help create a healthier environment for beneficial gut bacteria, promoting balance in your microbiome—a key factor in digestion, immunity, and energy levels. The process also provides a subtle workout for your intestinal muscles. As the colon fills and empties, these muscles contract and relax, which can improve tone and motility over time. Many clients report feeling lighter, more energized, and refreshed after treatment. Colonic hydrotherapy is not just about cleansing—it’s about supporting your body’s natural ability to heal and thrive. Benefits of Colonic Hydrotherapy Reduction of overall bodily inflammation Flushes toxins and waste, reducing inflammation to promote comfort, flexibility, and improved overall body wellness. Improved digestion and nutrient absorption Cleanses the colon, enhancing digestive efficiency and nutrient absorption for better energy and balanced metabolism. Increased energy and vitality Removes waste buildup, revitalizing the body and improving natural energy levels, focus, and daily vitality. Enhanced gut health and function Supports healthy gut flora, smooth bowel movements, and optimal digestive balance through gentle, natural detoxification. Strengthened immune response Boosts the immune system by eliminating toxins and improving internal balance for stronger natural defense. Clearer, healthier skin Promotes radiant, glowing skin by cleansing the body internally and improving toxin elimination through detoxification. Improved mental clarity and focus Detoxifies the system, supporting brain function, mental sharpness, and emotional clarity through improved gut-brain connection. A natural kick-start to weight management Aids metabolism and digestion, reducing bloating and water retention to support sustainable weight balance naturally.”

e) from centerfornaturalmedicine.net/reiki:

“Reiki Restoring Balance and Harmony Through Gentle Energy Healing. Reiki is a subtle, non-invasive energy healing practice that works with the body’s natural energy fields to inspire positive transformation and balance. Derived from the Japanese words “rei” (universal) and “ki” (life energy), Reiki honors the innate power each individual possesses to heal themselves. This gentle, hands-on technique helps clear energetic blockages caused by stress, emotional pain, or physical injury, allowing life energy to flow freely once again. As a result, Reiki promotes deep relaxation, supports emotional release, and enhances the body’s natural healing processes. Reiki can also complement other therapeutic approaches such as talk therapy, trauma work, and holistic health practices by creating a peaceful, integrative space for healing. Regular sessions can improve overall well-being, reduce tension, and restore harmony between the mind, body, and spirit. Reiki can treat: Stress & Emotional Well-Being. Anxiety and stress relief. Emotional balance. Support during grief or trauma. Improved mental clarity. Physical Health & Pain. Chronic pain (e.g., back pain, arthritis). Headaches and migraines. Fatigue and low energy. Recovery support after illness or surgery. Sleep & Relaxation. Insomnia or restless sleep. Deep relaxation & calming the nervous system Improved sleep quality Digestive & Immune Support. Digestive discomfort related to stress. Boosting overall immune function . Supporting natural detox processes. Spiritual & Energetic Balance Feeling “blocked” or out of balance. Enhancing sense of peace and inner harmony. Supporting meditation and mindfulness practices. Reiki is complementary, not a replacement for medical care. It works best as part of a holistic wellness plan.”

f) from centerfornaturalmedicine.net/hypnosis:

“Hypnosis. Hypnosis is a state of deep relaxation and focused concentration that involves visualization and the use of imagination. It’s a mind-body modality that allows you to experience heightened receptivity to therapeutic suggestions to facilitate desired changes. Hypnosis can assist you in your journey to healing, health, and wellness in many ways. Therapeutically it can be used to help modify and alleviate symptoms of acute and chronic medical conditions, reduce stress, enhance emotional well-being, and facilitate positive lifestyle and behavior changes. Hypnosis is not sleep, mind control, or a “truth serum”. You cannot get “stuck” in hypnosis. It is a natural state that we all go in and out of throughout the day and occurs when you are highly focused on something to the exclusion of other things. You are in control at all times and can come out of hypnosis at any time you choose. Contact Us Now! Contact Us Now! What Does the Experience of Hypnosis Feel Like? When in hypnosis, you can feel deeply relaxed. You may experience certain body sensations such as tingling, floating, or a pleasant heaviness in the arms and legs. You will generally be disconnected from any immediate concerns you are carrying, focusing more on inner processes. You may be a good candidate for hypnosis if you have a strong desire and readiness for healing and change, clarity on exactly what you’d like to achieve, faith or belief in your potential to heal and make the desired changes, and a relaxed and positive commitment to the process. The hypnosis services I offer can be a wonderful support to medical or mental health therapy you may be undergoing, or can be a stand-alone service.”

031. ND Storch Pages at franstorchnd.com

a) from franstorchnd.com:

“Discover your unique path to greater health We can help you with the following (and so much more!)... Tick Borne Illness and treatment Athletic Support Pediatric Wellness Dermatology Care Stress Management Cardiovascular & Heart Health Improved digestion Detoxification & elimination Colds, Flu and Sinus Infections Thyroid Problems Seasonal Allergies Environmental Allergies Gynecological exams/concerns Pregnancy & Postpartum Work and School Physicals Hormonal Support Learn More "The doctor of the future will give no medicine, rather interest their patients in the care of the human frame through lifestyle and diet, and in the cause and prevention of disease." - Thomas Edison What is Naturopathic Medicine? Naturopathic Medicine holds that we have it within ourselves to heal. A Naturopathic Physician is trained to employ nutritional counseling, botanical and homeopathic medicine, hydrotherapy, traditional Chinese medicine, physical medicine (including Bowen Therapy, Massage Therapy) and energetic medicine. A regular part of practice also includes more conventional methods such as ordering lab work and other diagnostic testing. Currently, licensed Connecticut Naturopaths cannot prescribe pharmaceutical medication. Dr. Storch treats many patients who use pharmaceutical medication, however, and she is happy to collaborate with regular medical doctors. The goal of Naturopathic medicine is to search for the cause of the problem and treat the whole person, not just the symptoms. We strive to use the least harmful therapies. Caring for and educating the patient, with an emphasis on prevention, is important to us. We engage the patient as an active participant on their journey to maximum health! What will my first visit to Dr. Storch be like? During your initial visit with Dr. Storch, you and she will talk about what is going on with you, from your perspective. What are your health concerns? Do you have any chronic issues? How is your lifestyle helping or handicapping your health? What sort of stress do you deal with in your daily life? We have new patients fill out a thorough health history form in preparation for their new patient visit. Dr. Storch will ask questions and review your current medications and/or supplements. In between the first and second visit, we follow up by requesting lab work and/or reviewing previous physician's records. Dr. Storch may order lab tests for you, and she will have you make a record of your eating habits for one week. At the second visit, she pulls together the pieces and gets a more complete picture of your health.”

b) from franstorchnd.com/about:

“I'm Fran Storch ND, Naturopathic Physician. Let's plan your unique path to greater health. I’ve been a Naturopathic Physician for over 20 years, so I understand how scary it is when you’re struggling with health problems. You want alternatives to pharmaceutical drugs. You don’t just want to feel better temporarily. You want to heal. I fully believe in the power of Naturopathic Medicine and its central belief that we can access our own inner ability for healing. I’ve seen Naturopathic medicine help people over and over again in my practice. I use food and exercise as medicine and teach my patients how to do the same. Optimizing nutrition, fitness and body

composition are my passions. I’m also very interested in helping people with tick-borne illnesses (such as Lyme disease), which I consider to be a serious health concern here in New England. I earned my Bachelor of Arts in Psychology with a Lab Science Option from Rutgers University, New Brunswick, N.J. in May 1985. I then worked as a pharmacologist for a major pharmaceutical company for 5 years. I attended the National College of Naturopathic Medicine in Portland, OR, and received my degree as a Doctor of Naturopathic Medicine in June of 1995. My first practice was at St. John's, Newfoundland, Canada, where I pioneered as the first naturopathic physician in the province. In 1997 I moved to Halifax, Nova Scotia, Canada, where I was the first naturopathic physician in the City of Halifax. In 1999 I decided to return to the United States and worked at Natura Medica in Mystic, CT for just over a year. I finally found my home in the Willimantic/Mansfield area of Connecticut in 2001 and I have been practicing here ever since. I’m an avid cyclist, and when not in my office can be found exploring the beautiful networks of roads in Northeastern Connecticut and beyond. To help inspire people to greater fitness, I’ve taught Spinning Classes and Zumba Classes. I also have a passion for yoga and take classes in several of the local studios in the area. Since 2002 I have had a weekly radio show, Radio Naturopath on 91.7 FM WHUS, www.whus.org. I spend time and care in getting to know each patient. You are an individual with your own story, and I look forward to getting to know you!”

c) from franstorchnd.com/services:

“Services. Visiting Our Office. We know that your first visit to a new health care professional can cause some anxiety. We want your visit to be as stress-free as possible, and we think you'll appreciate the relaxing environment of our office. We are on the first floor of an old, historic house in Mansfield Center. We'll do our best to make sure you feel at ease, and address any concerns or questions you may have. Our front desk staff prioritizes patient care above most everything else. Fran Storch ND office Insurance Information Yes, we take insurance! The state of Connecticut recognizes naturopaths as healthcare providers, which means health insurance companies do too. We are currently in network with: Anthem BCBS, Aetna, Cigna, ConnectiCare, Harvard Pilgrim, and United Health Care, and Husky for both children and adults (see below for information about Medicare). Not every policy offered by these companies will necessarily cover our office visits. Please call our office and provide the details of your individual policy so we can do our best to obtain accurate information. If your policy will not cover visits here it will likely cover lab work, and we have reasonable out of pocket rates. Most Medicare policies, unfortunately, will not cover office visits or lab work ordered by Dr. Storch. A small number of them, however, will now cover office visits. We have reduced out-of-pocket rates for Medicare patients who do not have coverage. Dr. Storch is considered a "Specialist" (not a "Primary Care Physician") by health insurance companies and the state of Connecticut. She has many patients, however, who use her as their main healthcare provider. Please call our office if you have further questions. We can help with the following (and so much more...) Tick Borne Illness and treatment Athletic Support Pediatric Wellness Dermatology Care Stress Management Cardiovascular/Heart Health Improved digestion Detoxification and

elimination Colds, flu, and sinus infections Thyroid Problems Seasonal allergies Environmental allergies Gynecological exams/concerns Pregnancy and postpartum Work and school physicals Hormonal support Visits for Optimum Wellness Regular naturopathic visits can be an important part of your physical well-being and an integral component of preventive healthcare. Wellness, as a state of health, is closely associated with your lifestyle. Each one of us has a personal responsibility for our health. Good nutrition, proper weight control, exercise, and controlling of risk factors such as smoking, alcohol and drug abuse all play a role in wellness. Since lifestyle has been found to be the single most important factor determining your pattern of general health, it is important that you be educated to take charge of your daily life and to set healthy lifestyle goals. The choices you make have a dominant influence on your health ad wellness. The secret is not in medical care, but consistent self-care. While traditional medicine concentrates on alleviating or curing disease, the wellness approach encourages you to take personal responsibility for your well-being. contact the office Call us at 860-423-2759 to make your first appointment. Please note that we are booking out six months for new patients. If you have insurance through American Specialty Health (1-800-848-3555), you can call to see if they can help you get an appointment with another provider sooner. Please do not email us to make an appointment. Have your insurance information available so we can determine what it will cover. If you have any questions about Dr. Storch, our office, or Naturopathic medicine please call us or use the contact form below.”

d) from franstorchnd.com/resources:

“WHUS - The University of Connecticut's Radio Station Thread City Cyclers - Thread City Cyclers Bicycle Club Zumba - Zumba Fitness Connecticut Naturopathic Physicians Association - The Connecticut Naturopathic Physicians Association (CNPA) is a nonprofit professional membership association representing Connecticut naturopathic doctors (NDs). They seek to provide the most up-to-date listings and information about Naturopathic Doctors in Connecticut, continuing education opportunities, and advocacy for natural health issues on a local and national scale. American Association of Naturophathic [sic] Physicians - Founded in 1985, the American Association of Naturopathic Physicians (AANP) is the national professional society representing licensed naturopathic physicians. They aim to increase awareness of and expand access to naturopathic physicians, help its members build successful medical practices, and expand the body of naturopathic medicine research. Emotional Freedom Technique - Learn Emotional Freedom Technique from Dr. Mercola's website.”

e) from franstorchnd.com/wp:

“Radio Naturopath Episode 518: 2025 Health News Wrapup: Longevity, Supplements, Measles, GLP-1s; Get More Essential Fatty Acids Read More 12/24/25 Radio Naturopath Episode 517: Natural Remedies for a Peristent Cold, Adequate Vitamin D Can Prevent Repeat Heart Attacks Read More 12/10/25 Radio Naturopath Episode 516: Japanese Fitness Walking and Essential Exercises, Long Walks, Red Light Therapy, Dehydration and Anxiety, Sleep, Dementia, and Productivity Read

More 12/3/25 Radio Naturopath Episode 515: Black Box Warning Gone! Why Hormone Replacement in Menopause May Be Helpful, and Non-Hormonal Alternatives Read More 11/26/25 Radio Naturopath Episode 514: PRP, Winter Hydration, Healthy Thanksgiving Recipes, Healthy Tea Read More 11/19/25 Radio Naturopath Episode 513: Bioflavonoids, Saffron, Natural Menorrhagia Help, Honey Read More 11/12/25 Radio Naturopath Episode 512: Your Stars Hollow, Fasted vs. Fueled Workouts, Senolytics Read More 11/5/25 Radio Naturopath Episode 511 Remembering SteepleJack, Guy Fawkes Day, Menorrhagia Read More 10/29/25 Radio Naturopath Episode 510: Better Halloween Candy and Teeth, Day of the Dead, Menorrhagia Read More 10/22/25 Radio Naturopath Episode 509: Lead in Protein Powders, Monounsaturated Fats, Seed Oils."

032. ND Larosa ND Sanders Pages at arthrowellnaturopathic.com

a) from arthrowellnaturopathic.com/about-cipy:

"203-806-5138 57 Plains Rd, 1st Floor Milford, CT 06461 Milford, CT Naturopathic Physicians with a focus on natural and functional medicine for arthritis and autoimmune disease and creators of The Six Types of Autoimmunity™ protocol Contact an autoimmune naturopathic expert today! Naturopathic Medicine Naturopathic medicine is a system of healing that focuses on using natural therapies to make you feel healthy and pain-free once again. Naturopathic Physicians are trained during four years of naturopathic medical school to take a comprehensive medical history, to diagnose diseases based on lab tests and physical exams, and to treat these diseases using natural therapies. Some of the natural therapies used at ArthroWell Naturopathic include: Nutrition Herbal Medicine Vitamins and Supplements Far Infrared Sauna Acupuncture Water therapy (Hydrotherapy) Low Level Laser Therapy Tui-Na Massage Cranio-Sacral Therapy Physical Manipulation Physiotherapy."

b) from arthrowellnaturopathic.com/about-c1pna:

"The Physicians of ArthroWell Naturopathic Milford, CT Naturopathic Doctor Dr. Kimberly Sanders, ND Dr. Kimberly Sanders is a licensed Naturopathic Physician in Milford, Connecticut and Associate Professor of Clinical Sciences at the University of Bridgeport where she teaches Physical and Laboratory Diagnosis, Physical Examination, Biochemistry, Nutrition, and Research courses. She graduated from the University of Bridgeport College of Naturopathic Medicine summa cum laude as co-valedictorian of her class and as the recipient of the Academic Excellence award. She also graduated from one of the very few CNME-accredited Residency Positions in Naturopathic Medicine at the University of Bridgeport. She participated in the international ZRT Cup Competition as a medical student and was named Most Valuable Player all three years that she played. She completed her undergraduate studies at Fordham University's Honor's Program and graduated magna cum laude with a Bachelor's Degree in Biological Sciences. Dr. Kimberly Sanders has undergone extensive pediatric and rheumatology training during her time at the University of Bridgeport, and she has lectured on the topic of Autoimmunity and Autism at the annual CNPA and NHAND naturopathic conferences. She believes that many autoimmune diseases stem for neurotransmitter and hormonal dysfunction,

and she is certified in NeuroEndoImmunology (NEI). Her passion in practice is finding the underlying causes of immune dysfunction and restoring balance to the immune system with naturopathic and functional medicine. Dr. Frank LaRosa, ND, MSAc Dr. Frank LaRosa is a licensed Naturopathic Physician in Milford, Connecticut. He also holds a Master's Degree in Acupuncture. He is involved in the clinical development of naturopathic medical students at the University of Bridgeport College of Naturopathic Medicine. Dr. Frank LaRosa graduated from the University of Bridgeport College of Naturopathic Medicine as the recipient of the Community Service Excellence award and from the Acupuncture Institute as the recipient of the Dean's Choice award. He completed residency training in Wallingford, CT before entering private practice. Dr. LaRosa is an expert specialist in autoimmune disease and natural pain management solutions. He has a unique approach to pain, utilizing botanical medicine, Chinese medicine techniques, and nutritional counseling for non-toxic, drug-free pain relief. He is also an expert in identifying and treating the underlying causes of immune dysfunction. His expertise in TCM helps patients receive fast-acting pain relief leaving the office, while his botanical and nutritional expertise ensures long-term pain management and immune regulation that is sustainable for years. Dr. LaRosa also utilizes tui-na massage, for those who prefer a needleless approach. As an autoimmune specialist, Dr. LaRosa also has a special interest in helping autoimmune and arthritis patients achieve optimal nutrition and weight loss. Weight loss is one of the most significant ways to reduce arthritis pain and reduce autoimmunity, and Dr. LaRosa's unique approach can help achieve sustainable weight loss, while both reducing body fat percentage and increasing muscle mass and strength, thus reducing pain. Find Us in Connecticut Magazine's TOP DOCS April 2015 issue! Come visit our office! Our mission at ArthroWell Naturopathic is to identify and treat the cause of your disease and help improve your quality of life, naturally."

c) from arthrowellnaturopathic.com/services:

"Services. At ArthroWell Naturopathic, we specialize in the natural treatment of arthritis and autoimmune disease. We are trained to find the cause of what triggered the disease for you. We are also trained to keep on top of all the current medical research about these diseases, and we are specially trained to treat these conditions with evidence-based natural therapies. We will work with your Rheumatologist (or other health care provider) to create the ultimate treatment plan to bring you back to pain-free health. As a new patient of ArthroWell Naturopathic, we will take a comprehensive health history, perform a thorough physical examination, and then explain our unique protocol and approach for your case. We will explain what the latest research tells us about your diagnosis, and we will thoroughly explain how natural medicine can work for you. On your first visit, we will order lab testing to give us more information about the underlying cause, and we may recommend a series of acupuncture or physiotherapeutic treatments for pain management based on your case. Unlike many specialists in the state of Connecticut, the Physicians at ArthroWell Naturopathic will treat your whole person in order to alleviate your arthritis and autoimmune disease. We understand that the body is a whole system that must be treated as one unit. We will not only focus

on your diagnosis, but also focus on your digestion, stress, mental health, fatigue, and many other areas. Make an Appointment Conditions Treated We specialize in the natural management of patients with the following conditions: Rheumatoid Arthritis, Osteoarthritis (Degenerative Joint Disease), Psoriasis, Psoriatic Arthritis, Lyme disease, Fibromyalgia, Autoimmune Thyroid Disease (Hashimoto's Thyroiditis / Grave's Disease), undiagnosed joint pain, Crohn's Disease, Ulcerative Colitis, Osteoporosis, Lupus (SLE), Juvenile Idiopathic Arthritis (all subtypes), Still's Disease, Vasculitis (all subtypes, adult and pediatric), Henoch Schonlein Purpura, Temporal Arteritis, Multiple Sclerosis, Scleroderma / CREST Syndrome, Polymyositis, Dermatomyositis, Polymyalgia Rheumatica, Sjogren's Syndrome, Raynaud's Syndrome, Gout, Ankylosing Spondylitis, Complex Regional Pain Syndrome, Chronic Fatigue Syndrome, Interstitial Cystitis, and PANDAS. We treat women, children, and men of all ages. If you do not see your condition on this list, please call to confirm. We accept Insurance! Insurance Coverage We accept insurance, and many patients are only required to pay their specialist co-pay. Please check with your insurance company regarding deductibles and co-insurance, as you will be responsible for all office fees if your deductible has not yet been met or if your insurance company only covers a percentage of the fee once the deductible has been met. Cash discounts are offered for those who do not have insurance or do not have one of our accepted insurance plans. Telemedicine appointments available Dr. Sanders Telehealth Link: doxy.me/arthrowell Dr. LaRosa Telehealth Link: doxy.me/drfranklarosa Plans Accepted Anthem Blue Cross/Blue Shield UnitedHealthCare ConnectiCare Aetna Cigna Oxford Husky Meritain Multiplan/PHCS And More!"

d) from arthrowellnaturopathic.com/treatments:

"Treatments Offered at ArthroWell Naturopathic. We are proud to offer our patients a range of natural treatments, from hands-on body work to supplementation with herbs and vitamins. Our mission is to identify and treat the cause of disease over the long-term, while improving quality of life in the short-term. Clinical Nutrition. Eating a healthy diet is the key to living without inflammation and pain. The physicians at ArthroWell Naturopathic are here to educate you on the proper food choices specifically for you. Herbal Medicine. The chemicals found in plants can act like medicine in the body. Many drugs, like aspirin, have been derived from plant chemicals. The physicians at ArthroWell Naturopathic are trained in the safe and effective use of herbal medicine in combination with your current prescription regimen. Traditional Chinese Medicine. The effectiveness of acupuncture has been known for thousands of years, but medical research is finally validating its usefulness for pain management. Dr. Frank LaRosa has clinical experience using acupuncture for pain management. Dr. LaRosa is also knowledgeable about and performs Tui-Na, a form of Chinese manipulative therapy. Tui-Na is a hands-on therapy that supports circulation and improves pain and mobility. Supplements. While no vitamin supplement can replace a healthy diet, sometimes the body requires more of a specific nutrient for a certain amount of time. We are the experts trained to know what nutrient(s) your body requires based on your symptoms, how much to take, and for how long. Hydrotherapy. Hydrotherapy

describes the use of water applications at different temperatures to promote circulation and reduce pain and inflammation. We may recommend in-offce hydrotherapy procedures or demonstrate at-home techniques. Physiotherapy At ArthroWell Naturopathic, we find that hands-on physical therapy is an effective way to reduce pain and promote healing. We use heat therapy, exercise techniques, tui-na massage, stretching, and transcutaneous electric nerve stimulation (TENS) to relieve pain while we work on addressing the underlying cause of your diagnosis. Low Level Laser Therapy (LLLT) Also known as Cold Laser Therapy, this form of therapy uses laser stimulation on the skin at levels much lower than those used for surgery. These painless laser devices are FDA approved for pain relief, and have been shown to penetrate the skin to stimulate healing at the cellular level by reducing inflammation and swelling. This therapy is very helpful for painful arthritic joints."

e) from arthrowellnaturopathic.com/online-dispensary:

"ArthroWell Naturopathic Online Dispensary. Receive high quality, physician-grade supplements at a discount when you use our online dispensary. Existing patients can click below to access FullScript For those who are not patients, you can access discounted physician-grade supplements by visiting: WellEvate Dispensary."

f) from arthrowellnaturopathic.com/single-post/2019/09/05/the-six-types-of-autoimmunity:

"The Six Types of Autoimmunity™ Both myself and Dr. Frank LaRosa have developed a new approach to autoimmune disease after a combined 29 years working with patients. We have found that patients with ANY autoimmune disease fall into six common types of autoimmunity. From this experience, we developed The Six Types of Autoimmunity™ which is a protocol that involves targeted questioning and functional and standard testing to identify your Type. Once we identify your Type, you'll be given a unique protocol for that Type developed by myself and Dr. LaRosa. So, you might ask, what are The Six Types of Autoimmunity™? Type I Autoimmunity = Infectious Autoimmunity Type I Autoimmunity is triggered by an infection, whether it be Lyme, EBV, a GI infection like Citrobacter or Prevotella, a gum infection like P. gingivalis, or any other virus, bacteria, parasite, etc. Type II Autoimmunity = Toxic Autoimmunity Type II Autoimmunity is triggered by toxic accumulation. This could be due to increased exposure to one particular toxin or a group of toxins and/or poor detoxification pathways. Type III Autoimmunity = Hormonal Autoimmunity Type III Autoimmunity is triggered by imbalances in hormones. This is very common in females who also have abnormal menstrual cycles, such as very heavy or painful periods, PMS, too long or too short cycles, infertility, etc. However, this can also happen in males. Type IV Autoimmunity = Intestinal Autoimmunity Type IV Autoimmunity may be the most common type of autoimmunity, as it is the type that is most strongly triggered by inflammation in the gut and increased intestinal permeability (i.e. leaky gut). This is the type of autoimmunity that you most likely have if you feel that certain foods trigger your symptoms. Type V Autoimmunity = Stress Linked Autoimmunity Type V Autoimmunity is triggered by past and/or current exposure to psychological

stressors. This is evidenced by abnormal stress hormones on lab assessments, but can also be determined just simply by reviewing your symptoms and past history. Type V Autoimmunity can be difficult to treat, since stress is so pervasive in our culture and so hard to escape, but natural medicines can help make our body more resilient to the impact of stress. Type VI Autoimmunity = Hybrid Autoimmunity Because autoimmune disease is so complex, it is quite common to have hybrid versions that are multiple Types all at the same time. This is common in very complex cases of RA, Lupus, etc. and requires an experienced naturopathic autoimmune specialist to tease out the nuances and determine the priorities of treatment. What are my options for working with The Six Types of Autoimmunity™ Protocol? Package 1: Comprehensive Package - Consult with one of the naturopathic physicians, either via telemedicine or in person - Go over your entire history, past labs, and treatment goals - Order targeting lab testing to determine your Autoimmune Type - Natural treatment plan given after first visit and after determining your Type - Includes the ability to email or text your physician with follow up questions - Insurance coverage for in-person consults. Package 2: Lab Package - Our physicians will order the testing to determine your Type - Our physicians will interpret the lab results and create a report explaining your Type and an initial treatment plan based on your Type - Does not require an appointment - Is performed over email - Does not include follow up or the ability to email/text your physician with follow up questions You can start by taking our Quiz here: https://bit.ly/2vDPzvS By consulting with myself or Dr. Frank LaRosa, we can identify your Type and design your unique protocol. Contact us today to get started with The Six Types of Autoimmunity™ approach. www.arthrowellnaturopathic.com drkimberlysanders@gmail.com (203) 806-5138 call or TEXT us!”

033. ND Aieta Pages at draieta.com

a) from draieta.com:

“West Hartford Naturopathic Medicine, Inc Dr. Frank Aieta's latest eBook, is Cholesterol the REAL Villain? Dr. Frank Aieta is a Licensed Naturopathic Physician with over 20 years of experience helping patients uncover and treat acute and chronic illness, including Lyme Disease, by supporting the body’s inherent ability to heal itself. Rather than just suppressing symptoms, Dr. Aieta works to identify the underlying causes of illness and develops personalized treatment plans to address them. Many of Dr. Aieta’s patients find him after conventional medicine has fallen short and failed to provide meaningful answers Learn More New Patient Intake Form is Cholesterol the REAL Villain? Inside My New Cardio eBook Advanced Strategies for Achieving Optimal Cardiovascular Health. Dr. Aieta’s wide-ranging expertise in naturopathic medicine has landed coverage in print and podcast outlets around the country and most recently culminated into his new ebook titled “Taking Back Your Health: Cardiovascular Edition – Is Cholesterol the Real Villain” As an author and speaker, Dr. Aieta hopes to give people the knowledge and tools needed to jumpstart their journey towards optimal health. Naturopathic Medicine. With an emphasis on treating the patient as a whole, naturopathic medicine combines the rigors of modern science with the knowledge of the body’s natural healing properties to focus on holistic, proactive prevention and comprehensive diagnosis

and treatment. In addition to his Doctorate in Naturopathic Medicine, Dr. Aieta has received advanced training in physical medicine, spinal manipulation, acupuncture, clinical nutrition, environmental medicine, homeopathy, and the use of bio-identical hormone replacement. Sign-Up For Promotional Discounts & Health Updates. By submitting this form, you are consenting to receive marketing emails from: . You can revoke your consent to receive emails at any time by using the SafeUnsubscribe® link, found at the bottom of every email. Emails are serviced by Constant Contact This Month’s Featured Naturopathic Products Ultra Flora Complete 40 Ultra Flora Complete 40 $58.00 Add to cart Real C $40.00 Add to cart Phyto Cannabinoid 600 $67.00 Read more Full Spectrum CBD Oil Tincture Super Phyto Cannabinoid 1800 $137.00 Add to cart Delta 8 Phyto-Cannabinoid Gummies 25 mg (For Adults) $58.00 Add to cart Beta-C Plus (Liposomal Beta Caryophyllene) $79.00 Add to cart Aller-Zyme $28.00 Add to cart Aller-Relief $42.00 Add to cart "Taking Back Your Health" NEW eBook by Dr. Aieta $24.95 Add to cart “is Cholesterol the REAL Villain?” eBook by Dr. Aieta $14.98 Add to cart. Taking Back Your Health Early Edition of Dr. Aieta’s New E-book Is HERE Taking Back Your Health Through Individualized, Wellness-Based, Naturopathic Medicine My main reason for writing this book is to equip readers with all the information they may need to start taking the proper steps to take their health back into their own hands.”

b) from draieta.com/about/dr-frank-aieta:

“Dr. Frank Aieta, ND (Naturopathic Physician) West Hartford CT Bio Dr. Frank Aieta is a Naturopathic Physician with 20 years of experience helping patients uncover and treat acute and chronic illness by supporting the body’s inherent ability to heal itself. Rather than just suppressing symptoms, Dr. Aieta works to identify the underlying causes of illness and develops personalized treatment plans to address them. Many of Dr. Aieta’s patients find him after conventional medicine has fallen short and failed to provide meaningful answers. With an emphasis on treating the patient as a whole, naturopathic medicine combines the rigors of modern science with the knowledge of the body’s natural healing properties to focus on holistic, proactive prevention and comprehensive diagnosis and treatment. In addition to his Doctorate in Naturopathic Medicine, Dr. Aieta has received advanced training in physical medicine, spinal manipulation, acupuncture, clinical nutrition, environmental medicine, homeopathy, and the use of bio-identical hormone replacement. Dr. Aieta’s wide-ranging expertise in naturopathic medicine has landed coverage in print and podcast outlets around the country and most recently culminated into his new ebook titled “Taking Back Your Health Through Individualized Wellness-Based, Naturopathic Medicine.” As an author and speaker, Dr. Aieta hopes to give people the knowledge and tools needed to jumpstart their journey towards optimal health. Medical School Dr. Aieta began his education at the University of Connecticut where he received a Bachelors of Science degree in Nutritional Sciences. Naturopathic Doctor This degree led him to the University Of Bridgeport College Of Naturopathic Medicine where he earned his Doctorate in Naturopathic Medicine (N.D.). Medical Acupuncturist. Dr. Aieta is also certified in acupuncture through the International Academy of Medical Acupuncture. “Listening to my patients and understanding their needs is one of the most important aspects

of my practice. It is very satisfying to use my experience and skills to treat and resolve the health problems of my patients. I've made a special effort to obtain the most advanced training in natural therapies to help people overcome health problems where other physicians have given up." Dr. Frank Aieta Sharing Knowledge of Natural Herbal Medicines and Care. Dr. Aieta spent several years as an adjunct professor at the University of Bridgeport College of Naturopathic Medicine. He was also an attending physician at the University's Naturopathic Health Center where he worked with student interns to provide quality health care to patients. National & State Accredited Naturopathic Associations. Dr. Aieta is also a member of the American Association of Naturopathic Physicians and the Connecticut Association of Naturopathic Physicians."

c) from draieta.com/about/dr-aietas-approach-to-healing:

"Dr. Aieta's Naturopathic Approach to Healing Toxic chemicals and pollutants are all around us Each year, people are exposed to thousands of toxic chemicals and pollutants in air, water, food and soil. People living today carry within their bodies a "chemical cocktail" made up of industrial chemicals, pesticides, food additives, heavy metals, general anesthetics, and the residues of conventional pharmaceuticals, as well as of legal (alcohol, tobacco, caffeine) and illegal drugs (heroin, cocaine, marijuana). Today's chemicals are in far greater concentrations Today people are exposed to chemicals in far greater concentrations than were previous generation. For example, over 70 million Americans live in areas that exceed smog standards; most municipal drinking water contains over 700 chemicals, including excessive levels of lead. Some 3,000 chemicals (in the form of solvents, emulsifiers, and preservatives), are used in food processing and storage. These can remain in the body for years. It's In Our Foods To make matters worse, food and product labels do not always list every ingredient. When people consume these foods, (especially meat, seafood, and poultry), they ingest all the chemicals, hormones, and pesticides that have remained as accumulated contaminants in the food chain. These pollutants lodge in the body, loading it up with poisons, and manifest in a variety of symptoms, including decreased immune function, nerve cell toxicity, hormonal dysfunction, and psychological disturbances. Other symptoms may also arise as the body naturally attempts to eliminate this accumulated toxicity by any mean necessary. Most people are born with an inherited constitutional weakness in a particular organ system. Following the path of "least resistance," the body uses these areas first to push out the toxicity in the form of inflammation or discharges. When the organs of elimination such as the liver, kidneys and intestinal tract are overburdened, these secondary organs of elimination are called upon. For example in a person with psoriasis or eczema, the skin becomes that secondary organ of elimination. In the case of asthma or bronchitis it maybe the lungs, or the joints in a person with arthritis. Regardless of the name of the disease, the process is essentially the same. Symptoms are just your body's way of trying to restore balance to a system that is overburdened and needs to eliminate. It's when we suppress these attempts by the body to eliminate, in the form of anti-inflammatory drugs, antibiotics, antihistamines, etc. that we cause the body to stop reacting to the toxic burden. The body eventually stops trying to push out the toxicity and

starts storing it within our cells leading to tissue damage and eventually chronic, destructive health problems like cancer and autoimmune diseases. “Achieving optimum health is more than just eliminating symptoms, it is a multi step process that will leave the patient feeling good not only physically, but mentally and emotionally as well.” Dr. Frank Aieta Dr. Aieta’s 7 Step Approach To Better Health Following close to an hour medical interview, physical examination, and the reviewing of any pertinent laboratory testing, Dr. Aieta will start implementing his 7 step approach. His approach starts very basic with dietary and lifestyle changes. Many times just after starting this first step, patients will see dramatic improvements in their symptoms and overall health. When Dr. Aieta feels the patient is ready, they will move on to the next steps to healing. As the person progresses, different treatment options will be chosen to best fit the patient and their specific condition. Dr. Aieta views all of his patient’s as individuals presenting with different complaints so each treatment plan is designed with that in mind, unlike the traditional medical model that just treats the disease (symptoms) and not the whole person. Step 1 – Dietary and lifestyle changes Eliminating food intolerances, eating organic foods, eliminate toxic exposures (cigarette, alcohol, caffeine, drugs, preservatives, artificial sweetenters, environmental exposures etc.), exercise, stress reduction, adequate sleep, increased water intake. Step 2 – Supporting the organs of elimination (liver, kidneys, lungs, skin, intestines) Herbal medicine, homeopathic medicines, drainage remedies, acupuncture, vitamins/mineral supplements, probiotic supplementation, enzyme supplementation, hydrotherapy, diet, exercise, spinal manipulation, soft tissue work (massage). Step 3 – Elimination of toxins Herbal medicines, chelation therapy, homeopathic medicines, lipotophic nutients, drainage remedies, hydrotherapy (saunas, colonics etc.). Step 4 – Tonifying weakened organ systems especially the Nervous, Hormonal and Circulatory systems Herbal medicine, vitamins/minerals, glandular products, homeopathic medicines, acupuncture, stress reduction techniques, natural bio-identical hormone replacement. Step 5 – Structural Alignment Spinal manipulation, physical medicine, postural changes, therapeutic exercise, soft tissue massage, reflexology. Step 6 – Psychological healing Counseling, psychotherapy, homeopathic medicine, flower essence remedies, hypnosis, stress management and relaxation techniques, acupuncture. Step 7 – Repair Damaged Organs/Tissues Dietary changes, vitamins/minerals, herbal medicine, organotherapy, glandular therapy, homeopathic medicine, natural bio-identical hormone replacement.”

d) from draieta.com/services/conditions-treated:

“Conditions Treated. Naturopathic medicine can be applied in any health care situation, but the strongest area is in the treatment of chronic and degenerative disease. For severe, acute truamas such as a serious automobile accident, emergencies of childbirth, or orthopedic problems requiring corrective surgery, naturopathic medicine is not recommended, although it can contribute to such cases, especially in the recovery phase. In other acute cases, such as ear infections and common illnesses with fever, Dr. Aieta addresses the associated pain, infection, and fever of the condition, as well as any related concerns of the patient. How this

acute condition might relate to underlying causes, such as diet, life stresses, and occupational hazards, is also addressed. Dr. Aieta will then usually prescribe a variety of means to deal with the immediate problem. In chronic cases, the procedure is different. Typically, a thorough case exploration will detail the history and nature of the patient's symptoms and complaints, his or her complete health history, and the patient's lifestyle. Finally, a physical examination and appropriate laboratory tests are performed. For Dr. Aieta, understanding the patient as an individual is essential when searching for causitive factors, particularly in the areas of the physical, mental/emotional, and spiritual. After determining causitive factors, Dr. Aieta will discuss his findings with the patient, and an attempt will be made to tie together and interpret the symptoms. Symptoms usually relate to a central problem that has many manifestations. As an example, many symptoms can be tied to the effects of toxicity on the different systems of the body such as the immune system, nervous system or circulatory system. Others may be due to dietary short commings, hormonal imbalances, or specific nutrient deficiencies. Dr. Aieta treats a wide array of both acute and chronic illnesses. Some of the conditions include: Lyme disease and co-infections Allergies Asthma Acne and other Skin conditions Bronchitis Cold and Flu Carpal Tunnel and other neurological problems Back and neck pain Cancer Crohn's Disease Ulcers Irritable Bowel Syndrome Diabetes Ear infections Eczema Gout Headaches Hemorrhoids High Blood Pressure Autism Infertility ADD Menopause PMS Rheumatoid Arthritis and other Autoimmune Diseases Chronic pain conditions Fibromyalgia Chronic fatigue and many others."

e) from draieta.com/services/services-offered:

"Services Offered. Where other doctors are satisfied by just treating symptoms, Dr. Aieta strives to identify the underlying cause of disease. Naturopathic medicine is not a band-aid approach to disease; it is a more comprehensive approach to healing. The patient is treated as a whole, not just individual parts. Dr. Aieta takes pride in designing individualized treatment plans for each patient according to medical history, physical examination and laboratory findings. His approach incorporates both the prevention and treatment of disease. Dr. Aieta offers a wide range of natural, non-toxic treatment modalities to choose from, which include but are not limited to: Acupuncture Herbal Medicine Spinal Manipulation and Physical Medicine Clinical Nutrition Detoxification Diet and Lifestyle counseling Natural Hormone Replacement Homeopathic Medicine."

f) from draieta.com/a-naturopathic-approach-to-seasonal-allergies-detox:

"A Naturopathic Approach To Detox I've been getting countless emails from patients over the past week saying that they feel just awful from overeating out of boredom and being more sedentary due to the Covid-19 stay at home order. People are looking for a way to get back on track with a diet and a way to detox or cleanse their system. Get 2 Week Detox Kit + FREE Detox Program Special Edition Instant Download Get this FREE Download of Dr. Aieta's 30+ page detox program guide with the purchase of Dr. Aieta's 2 week detox kit. (*$9.95 value) This in-depth Detox Program is based on the detox protocol covered in Dr. Aieta's new eBook Taking Back Your Health. The Detox Program Overview Let's first discuss dietary

changes that we can all gradually do to get back on track. Instead of jumping head first into a very strict diet plan that may be difficult to stick with, we can do it gradually in steps while taking some very specific natural supplements as an adjunct to the diet to help with overall metabolism and detoxification. We can break it down to weekly dietary changes and supplements that build upon the previous week as we work towards achieving or re-achieving optimal health with a gradual cleansing. *Download the new 30+ page Detox Program for a complete in-depth guide Week 1: For the first week as you are trying to get back on track simply alter your diet by avoiding all grain products – by just doing this you will significantly reduce your daily sugar and carb intake. This means taking out bread, pasta, cereal, crackers, rice, corn, cookies, and cakes etc. Don't worry about tracking your carbs or calories just focus on being 100% grain free and try to just eat when your are hungry and limit between meal snacking. When you are ready move on to step 2 Week 2: Continue to avoid the grain products as well as foods with added sugar. Now it's time to start being more aware of how much fat you are ingesting daily in contrast to your protein. Most people forget this crucial step of adding more fat in. It's easy to cut carbs and immediately start eating tons of protein and forget about the need for dietary fat. In order to get into ketosis, it's important to eat higher fat (70% or more of your daily calories) moderate protein (around 20-25%) and low carb (around 7% or less). Week 3: Start checking for the presence of ketones either through urine (convenient, cheap but least accurate), breath (more expensive, very convenient, more accurate than urine), or blood (most expensive due to the cost of the test strips, most accurate, least convenient). Based upon your ketone status you can adjust your diet accordingly…..maybe less carbs, less protein and more fat. Week 4: Once you are in ketosis your appetite should be greatly diminished so you should start trying some intermittent fasting. Essentially only eat when you are hungry and try eating within a 6-8 hour window. Week 5 and on-going: if you hit a plateau – pick one day a week as a designated overfeed day where you may exercise more and increase your fat and protein intake but keep your carbs low (less than 20-30 Net Carbs). This will recharge your metabolism. NEW! Detox Program Guide with more protocol information, checklist & details ($9.95) Download this 30+ page detox program guide for a deeper dive into Dr. Aieta's approach to detoxification packed full of helpful information, checklist and food tips to help make your next detox outcome a successful one. Download Detox Guide $9.95 *OR purchase the 2 week detox kit used in the 5 week protocol and get the 30+ page Detox Program Guide FREE as an instant download automatically added to your cart at checkout! This Two Week Detox Kit will contain enough product to do the 14 day detox protocol 2x -3x. Purchase 2 Week Detox Kit & Get The Detox Guide FREE! Natural Detox Products aid in boosting the metabolism and start detoxifying the body by supporting the organs of elimination (the liver, kidneys and digestive tract). Our first product is called: Thyro-Adrenal Support Complex– the typical dosage that I recommend to patients is 2 capsules every morning, with or without food. This product can be started right away during week 1 and taken on-going. Adrenal Support The first product is designed to support the adrenal glands, which are two little glands that sit on top of our kidneys that produce hormones that help with energy, focus, blood sugar regulation, metabolism, inflammation control, and one's ability to properly deal with stress. Thyroid Gland Support This same product also

supports the thyroid gland. The thyroid is a small butterfly shaped gland located in the neck area that produces powerful hormones that regulate how fast our cells burn up the calories that we take in from our diets. It essentially dictates our metabolism. As we age our metabolism can slow down and if our diets are not dense in specific nutrients that fuel the thyroid it becomes very easy to put on excess body weight and more difficult to take it off. Natural Supplements In This Protocol For Detoxification Now let's look at some products to aid detoxification. The next three products comprise Dr. Aieta's Two Week Detox Protocol: Most detox or cleanse kits contains harsh laxatives and other suspect products. My detox protocol uses a gentle laxative, a tasteless fiber supplement to bind up toxins from the GI tract and provide satiety so one eats a little less and a well rounded liver detox product that also supports the gallbladder, kidneys and lymphatic system. Directions: Tri-Mag (Laxative Formula): Day 1 through 7: Three tablets at bedtime with 8 ounces of water. Day 8 through 14: Two tablets at bedtime with 8 ounces of water. Reduce dosage if you experience abdominal discomfort or diarrhea (you may only require 1-2 tablets opposed to 2 or 3). If discomfort persists, discontinue use. Fiber Detox: For 14 days, Mix 1 scoop into water in the morning and again at night. After drinking mixture – follow up with another glass of 8oz of water. Liver Detox Support: Day 1 through day 7: One capsule at night. Day 8 through day 14: One capsule in the morning and two at night. Dr. Aieta's Two Week Detox Protocol will contain enough products for 2-3 more two week detoxes. Dr. Aieta recommends doing his two week detox every 3 months or at every change of season for optimal health. Manufactured in a US FDA inspected facility. GMP Compliant. Purity and Potency Guaranteed! We use the highest quality raw materials available. Testing is done at various stages of production. ‡ These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Get The Latest Updates, Discounts and Specials Sent Directly To Your Email."

g) from draieta.com/patient-resources/what-is-naturopathic-medicine:

"What is Naturopathic Medicine? Naturopathic Medicine is a unique and distinct system of health care that emphasizes the use of prevention and natural therapeutics. The doctors who practice naturopathic medicine, called naturopathic physicians (NDs), are trained to serve as primary care general practitioners who are experts in the prevention, diagnosis, management, and treatment of both acute and chronic health conditions. Naturopathic physicians are trained at accredited, four-year, post-graduate, residential naturopathic medical programs. The training consists of comprehensive study of the conventional medical sciences, including anatomy, physiology, pathology, microbiology, immunology, clinical and physical diagnosis, laboratory diagnosis, cardiology, gastroenterology, gynecology, etc, as well as detailed study of a wide variety of natural therapies. Naturopathic physicians are guided by six principles: First, Do No Harm; The Healing Power of Nature; Find the Cause; Treat the Whole Person; Preventive Medicine; and, Doctor as Teacher. This set of principles, emphasized throughout a naturopathic physician's training, outlines the philosophy guiding the naturopathic approach to health and healing and forms the foundation of this distinct health care practice. Naturopathic

physicians use a variety of natural and non-invasive therapies, including clinical nutrition, homeopathy, herbal medicine, hydrotherapy, physical medicine, and counseling. Many naturopathic physicians have additional training and certification in acupuncture and natural child birth. Naturopathic treatments are effective in treating a wide variety of conditions without the need for additional intervention. Naturopathic physicians are also able to function within an integrated framework, and naturopathic therapies can be used to complement treatments used by conventionally trained medical doctors. The result is a patient-centered approach that strives to provide the most appropriate treatment for an individual's needs. In the United States, the naturopathic medical profession's infrastructure includes accredited educational institutions, professional licensing, national standards of practice, peer review, and a commitment to state-of-the-art scientific research."

034. ND Gulmen Pages at naturesourcecare.com

a) from naturesourcecare.com:

"Nature Source Care -- natural Family Medicine -- office of Funda M. Gulmen, N.D., M.S. naturopathic physician to schedule an appointment: 203.895.5534 Dr. Gulmen is currently scheduling both in-person and Remote (zoom) Clinical appointments Empower yourself to Stay Healthy and Learn more about Natural Medicine thru my YouTube Channel: youtube.com/@naturesourcecare If you would like to receive future newsletters, please email Info@naturesourcecare with "Newsletter" in the subject line."

b) from naturesourcecare.com/bio.html:

"Funda M. Gulmen, N.D., M.S. Dr. Gulmen is a licensed naturopathic physician with a private practice in Stratford, Connecticut. Integrating modern and ancient medicine with natural therapies, she helps to achieve health in the body, mind, heart, and spirit. Experienced Clinician. Dr. Gulmen has participated in various areas of healthcare for over 30 years (15 of those years as a naturopathic physician). She contributed to public health research by interviewing homeless individuals for an HIV/TB transmission risk project for the University of California - San Francisco. She went on to conduct original basic science research in immunology and coordinate clinical research trials in rheumatology for the University of Chicago. Credentialed by the Connecticut Department of Children and Family Services, she has worked with special needs children in both inpatient and outpatient settings. In addition to her private clinic, she has offered natural medicine in a variety of settings such as being part of the New York City marathon medical triage team and providing Reiki to patients at the oncology center at Yale New Haven Hospital. The depth and breadth of her experience allows her to offer comprehensive and compassionate care to her patients. Dr. Gulmen is a graduate of the University of California - Berkeley, the University of Chicago, the University of Bridgeport, and Yale University. She has completed additional studies in the Vedic arts including yoga (certified as a teacher), clinical Ayurveda (traditional Indian medicine), and Jyotish (Vedic astrology - three year program). Dedicated Teacher. Dr. Gulmen has lectured to both public and professional audiences around the world. She provided a seminar on natural medicine approaches to arthritis to the medical staff at Beijing United

Family Hospital. She also developed curricula for medical students as a classroom instructor and clinical supervisor (in physiology, histology, hydrotherapy, and mind-body medicine). She develops seminars for local groups such as teaching an introduction to the ancient medicine of Ayurveda for modern times (in collaboration with the Stratford Department of Public Health and the Stratford Library) and teaching 2-4th graders nutrition (in collaboration with the New Haven Ballet). She has also created the "Nature Source Care" YouTube channel where she discusses topics in natural medicine. Dr. Gulmen also teaches through her various publications including scientific journals (The Journal of Biological Chemistry, The American Journal of Chinese Medicine), textbooks ("Energy Medicine" chapter in the Textbook of Complementary and Alternative Medicine), magazines, and her own authored books (NatureNotes: Natural Medicine for Viral Infections and Drink To Your Health: Medicinal Teas, Juices, and Milks from Around the World). International Perspective. Dr. Gulmen was responsible for organizing the first naturopathic medical brigade to Nicaragua in collaboration with Natural Doctors International. This seed project resulted in 55 subsequent brigades for the organization. She also participated in a service trip to a village near Jodhpur, India organized by the Yale Alumni Service Corp. In addition to being an on-site clinician in the medical clinic, she coordinated the public health and business development teams to create a successful project that increased adoption of iron supplements by local women to decrease maternal mortality, preterm delivery, and low birth weight. Many of her patients in the US originate from other countries and her practice integrates paradigms from around the world - Ayurveda, European, Native American, and Traditional Chinese Medicine. She has traveled extensively around the world and speaks several languages - Spanish , French, German, Japanese, Hindi, Turkish. Creative Vision Dr. Gulmen is also an artist - all of the photos on this site and in her videos, for example, were taken by her (unless credited otherwise). Her creativity comes to life not only through various writing, speaking and social projects but through her intuitive approach in the clinic.”

c) from naturesourcecare.com/services.html:

“Services. Medical Consultations. As a naturopathic physician, Dr. Gulmen specializes in using natural medicine therapies to treat disease. Developing individualized and holistic treatment for patients to improve their health, she offers: nutritional counseling botanical medicine homeopathy therapeutic movement hydrotherapy Ayurveda (traditional Indian medicine) marma therapy (Ayurvedic acupressure) yoga/meditation instruction Jyotish (see "Vedic astrology" page) Reiki past-life regression lifestyle counseling stress management mind-body medicine cleansing programs supplement reviews annual physical exams lab testing (including food allergy and environmental toxicity) radiological imaging. Dr. Gulmen provides natural medicine consultations in-person and online by Zoom and Skype. Dr. Gulmen is an in-network provider for major healthcare plans: Aetna, Anthem, CIGNA, ConnectiCare, Emblem, Harvard Pilgrim, Husky, Optum, Oxford/United. Please check with your insurance company to determine level of coverage before scheduling an appointment. Health Publications. Dr. Gulmen has, through her written work, taught public and professional audiences about improving health

through natural medicine. Dr. Gulmen's writings have been published in peer-reviewed textbooks and scientific journals as well as newspapers, magazines, and her own authored books. Videos/Seminars. Dr. Gulmen created the "Nature Source Care" YouTube channel where she discusses topics in natural medicine. In addition, she has been an invited speaker at venues throughout the world. Addressing the particular needs and interests of her audience (whether healthcare professionals or 2nd graders), Dr. Gulmen develops medical seminars that are informational, inspirational, and transformational. Organizational Consulting. Working with various groups interested in creating a healthier community and world, Dr. Gulmen has made significant contributions to local, national, and international organizations, including: Natural Doctors International (developing their first international medical brigade in Nicaragua), the University of Chicago Alumni Association (leading the Connecticut Chapter to 4th in the country for alumni engagement), and the Yale Alumni Service Corps (integrating teams to successfully create a program that increased adoption of iron supplements by women in an Indian village). * Please note: Supplements are not sold on site nor does Dr. Gulmen receive commission from any health product company *."

d) from naturesourcecare.com/astrology.html:

"Heart light Vedic astrology -- offering insight into the soul's journey with the astrology of ancient India (Jyotish) -- My "Heart Light Vedic Astrology" YouTube channel offers both interpretation and teaching videos. In these videos I look at how planetary movements influence world events (aka mundane astrology) and also analyze the birth charts/horoscopes of famous people. I also offer private individual birth chart readings. for videos visit: youtube.com/@heartlightastro for personal birth chart readings email: heartlightastro@yahoo.com introductory level 1 Vedic astrology course coming January 2026 deadline to apply: 14 November 2025 to receive an application or be added to mailing list, email: heartlightastro@yahoo.com --- videos topics include --- The National Birth Chart of India The Ancient Birth Chart of Bangkok and Thailand The Birth Chart of Elon Musk […]."

e) from naturesourcecare.com/videos.html:

"videos and Seminars my videos on natural medicine are available on YouTube: youtube.com/@naturesourcecare Dr. Gulmen has developed seminars for audiences around the world...from community groups to healthcare executives, from hospital staff to grade school children. Topics range from natural medicine therapy approaches to healthcare system policy. various topics have been discussed: The Medicinal Benefits of Nutmeg (Myristicum fragrans) Homeopathy for More Balance: Bach Flower Remedy "Scleranthus" The Medicinal Benefits of Clove (Syzygium aromaticus) Ayurvedic Color Theory: Ancient Wisdom to Bring Balance to Life The Medicinal Benefits of Rose (Rosa damascena) Homeopathy for Being Judgmental: Bach Flower Remedy "Beech" The Medicinal Benefits of Black Pepper (Piper nigrum) Meditation for Rejuvenation: "Favorite Place in Nature" The Medicinal Benefits of Cinnamon (Cinnamomum sp.) Homeopathy for Being Overbearing: Bach Flower Remedy "Vine" The Medicinal Benefits of Mint (Mentha sp.) Marma Therapy First

Aid: Ayurvedic Energy Points for Urgent Gastrointestinal Issues The Medicinal Benefits of Basil (Ocimum basilicum) Homeopathy for When Life is Unfair: Bach Flower Remedy "Willow" Abhyanga: How to do Ayurvedic Oil Massage The Medicinal Benefits of Cardamom (Elettaria cardamomum) Different Methods for Making Medicinal Teas Homeopathy for the Overzealous Crusader: Bach Flower Remedy "Vervain" Marma Therapy and Acupressure: Similarities and Differences Ashtanga: The Eight Limbs of Yoga Homeopathy for Being Lost in the Clouds (Absent-Minded): Bach Flower Remedy "Clematis" Ayurveda (Traditional Indian Medicine) Perspective on Pain Meditation for Chaotic Times Homeopathy for Trauma Shock and Shutdown: Bach Flower Remedy "Star of Bethlehem" Ayurveda and TCM Medical Philosophy: Similarities and Differences The Six Tastes of Ayurvedic Nutrition Homeopathy for Feeling Abandoned by Spirit: Bach Flower Remedy "Sweet Chestnut" "I am love" – meditation Techniques in Marma Therapy Homeopathy for Making the Same Mistakes: Bach Flower Remedy "Chestnut Bud" Meditation for Getting Unstuck Navratna: The Nine Sacred Therapeutic Gemstones of Ayurveda Marma Therapy Sequence for Daily Balance, Rejuvenation and Stress (Follow Along) How to Do a Nasal Rinse (aka Nasal Irrigation, Nasal Lavage): Techniques in Hydrotherapy Homeopathy for Excessive Caretaking: Bach Flower Remedy "Red Chestnut" Skin Brushing (Ayurvedic Garshana): Benefits and Considerations Ayurvedic Foot Reflexology Homeopathy for Analysis Paralysis: Bach Flower Remedy "White Chestnut" Marma Therapy: Ayurvedic Energy Points on the Feet and Ankles Emotional Cleansing: Three Writing Techniques to Free Your Mind, Heart and Spirit Marma Therapy: Ayurvedic Energy Points on the Knee Homeopathy for the Wounded Healer: Bach Flower Remedy "Water Violet" Marma Therapy: Ayurvedic Energy Points on the Thigh Meditation for Higher Inspiration Marma Therapy: Ayurvedic Energy Points for Sexual Health Homeopathy for a Healing Crisis: Bach Flower Remedy "Cherry Plum" How to Chant Mantras: Pavamana Mantra - "Lead Me From Darkness to Light" Marma Therapy: Ayurvedic Energy Points on the Lower Back Tree Meditation- (Resilience Through the Storms of Life) Marma Therapy: Ayurvedic Energy Points on the Upper Back Homeopathy for Hopelessness: Bach Flower Remedies "Gorse" and "Wild Rose" Marma Therapy: Ayurvedic Energy Points on the Lower Abdomen "Blue Medicine Buddha" Meditation Marma Therapy: Ayurvedic Energy Points on the Middle Abdomen Homeopathy for Neediness: Bach Flower Remedies "Chicory" and "Heather" Marma Therapy: Ayurvedic Energy Points on the Upper Abdomen Cooling Beverages for Hot Times (Rashes, Flashes, Flare-Ups, Inflammation, Anger, Summer) Marma Therapy: Ayurvedic Energy Points on the Elbow and Forearm Meditation to Free Your Heart and Spirit: "Tonglen" Method Technique Marma Therapy: Ayurvedic Energy Points on the Shoulder and Upper Arm "Turtle Breathing" Meditation for Relaxation and Rejuvenation (Techniques in Pranayama) Marma Therapy: Ayurvedic Energy Points for Breast Health (for Both Women and Men) Homeopathy for a Better Relationship with Yourself: Bach Flower Remedies "Cerato" and "Larch" for Self-Confidence/Self-Esteem Marma Therapy: Ayurvedic Energy Points on the Chest The Six Guiding Principles of Naturopathic Medicine Marma Therapy: Ayurvedic Energy Points on the Lips and Cheek Homeopathy for Discovering Your True life Path: Bach Flower Remedy "Wild Oat" Marma Therapy: Ayurvedic Energy Points on the Nose Golden Healing Light Meditation for Mind, Body, Heart and Spirit Marma Therapy: Ayurvedic Energy Points

Around the Eye Homeopathy for Integrity and Authenticity: Bach Flower Remedy "Agrimony" Marma Therapy: Ayurvedic Energy Points on the Forehead and Temple Natural Oils for Skin and Body Care: Integrated Naturopathic and Ayurvedic Perspectives Marma Therapy: Ayurvedic Energy Points on the Crown of the Head Homeopathy for When The World is Too Much: Bach Flower Remedy "Aspen" Marma Therapy: Ayurvedic Energy Points on the Back of the Neck Spiritual Nutrition: The Ayurvedic Concept of Sattva, Rajas, and Tamas Marma Therapy: Ayurvedic Energy Points on the Front of the Neck Homeopathy for Letting Go of the Past: Bach Flower Remedy "Honeysuckle" Marma Therapy: Ayurvedic Energy Points on the Ear Marma Therapy (Follow Along): Ayurvedic Energy Points on the Hand Sequence Marma Therapy: Ayurvedic Energy Points on the Hand Teas for Stress, Nervousness and Insomnia: Botanical Medicine for Decreasing Vata Dosha (Ayurveda) Homeopathy for Opening Your Heart to Higher Love: Bach Flower Remedy "Holly" Homeopathy for Feeling Overwhelmed and Exhausted: Elm, Hornbeam, Oak and Olive Bach Flower Remedies Natural Medicine for Travel Sickness: Overcoming Fear, Vertigo, Indigestion, Weather, Jetlag Meditation for Gratitude and Connection Fire Meditation for Letting Go and Transformation Homeopathy for Guilt, Regret and Self-Forgiveness: Bach Flower Remedy "Pine" Ayurvedic Psychology and Nutrition: Wind (Vata), Fire (Pitta), Earth (Kapha) Homeopathy for New Beginnings: Bach Flower Remedy "Walnut" Magic T-shirt, Magic Socks: Techniques in Hydrotherapy Ayurvedic Food Combining for Better Digestion Contrast Shower: Techniques in Hydrotherapy What is a Naturopathic Physician Anyway? And How do We Treat Acne? Why Authentic Chai is Good Medicine and How to Adjust it for Your Constitution (Ayurvedic Vata, Pitta, Kapha) Nutrition and the Mind Series: Part 1 - Managing Blood Sugar How to Improve Your Travel Photography While at Home Foods that Increase the Earth Element (Heaviness and Inertia): The Ayurvedic Concept of "Kapha" "Light of the Heart" Meditation To Restore Balance within Yourself and on the Planet How to Do A Salt Inventory of Your Diet (to Reduce Risk of High Blood Pressure, Cardiovascular Disease, and Stroke) Foods that Increase the Air Element (Dryness and Instability): The Ayurvedic Concept of "Vata" Foods that Increase the Fire Element (Inflammation): The Ayurvedic Concept of "Pitta" 20 Simple, Natural Techniques to Help Stress, Anxiety, and Insomnia How to Care for Poison Ivy Naturally Choosing the First Beverage of Your Day (with herbal, yoga, Ayurveda considerations) Ayurveda: Ancient Medicine for The WIndy (Vata) Phase of Life Ayurveda: 5,000 Year Old Medicine for Modern Times Walk-and-Talk-with-a-Doc Natural Weight Loss: Mind-Body Connections Yoga and Meditation for Mental Wellness Natural Medicine for a Healthy Heart En Pointe Nutrition: Dancing with Food International Natural Medicine: India Introduction to Chair Yoga Natural Medicine and Yoga Perspectives on Stress Yoga and Weight Loss Natural Medicine and Yoga for Lupus Healthy Snacks by Healthy Kids Keeping our Kids Well Through Meditation Yoga for Wellness Natural Medicine Approaches to Lyme Disease Better Nutrition for Better Behavior Natural Medicine on the Road Natural Medicine on Campus Natural Medicine Approaches to Preventing and Treating Diabetes in Children Pay-for-Prevention Healthcare: Lessons from International Models, Old and New Why Vitamin D? It's Not Just for Bone Building Anymore Managing the Medical Wilderness: Lessons from Natural Resource Policy Courage, Character and Cookies: Natural Medicine and the Girl Scouts of America Flu-Free Naturally: Using Natural

Medicine to Thrive During Flu Season Becoming a Healthy, Happy, Confident Teen: Change Your Food to Change Your Life Advocating for Social Change in Healthcare: A Minute Manager Meditation When Depression Calls, Will You Answer? Natural Medicine for Treating the Blues Super Seniors: Natural Vitality in the Golden Years Hahnemann Hits the Streets: Introducing Homeopathy to People Tales of Weight Loss: Beyond Diet and Exercise The Gift of Abandonment: New Life, New Love Raising Exuberant Children: The Gift of ADD and ADHD Keeping Active People Active with Natural Medicine Yoga for Your Soul Nicaragua Naturopathically: Medical Considerations from the Field Naturopathic Medicine Today: Treating the Patient with Rheumatoid Arthritis Creating Sacred Space for Doctors, Patients and Leaders Gettin' Jiggy with Bone Marrow Transplantation: Music Therapy and Relaxation Imagery in the Management of Bone Marrow Transplant Patients."

035. ND Gruber Pages at sciencemeetsnature.org

a) from sciencemeetsnature.org:

"Live a Life of Health, Vitality, and Well Being. Break the cycle of anxiety, fatigue, burnout, and aging with personalized Medicine and Therapies in New Canaan, CT. We specialize in customized and alternative approaches to your health and well being. What is your #1 goal right now? Manage Stress Improve Nutrition Feel Younger CURE your mind HEAL your body LIVE your life Your body is a biochemical machine that follows the science of medicine. But you are more than just a body. You have a mind filled with thoughts. Underneath the chatter of the mind, you are aware of being alive. You have always slept well while managing a busy life of growing a career, building a business, or raising a family. Yet, something doesn't feel right. Out of balance. Feelings of irritation, and anxiety are becoming more prevalent … perhaps weekly or even daily. You have a sense that these are merely symptoms of something deeper. With the busyness of life, you are having difficulty taking care of you. Your regular diet doesn't seem to work for your digestive tract. Your blood pressure may have been climbing over the past few years. Joint pain and muscle stiffness prevents you from getting sufficient exercise. It has become a struggle to keep extra weight off. Imagine yourself 3,500 years ago Just after your last meal of the day, the clan is settling down for sleep and you decide to go for a walk along your favorite path. You know the one, the path along the lake that is always peaceful and tranquil. As you walk along, noticing the wonderful scent of flowers in the air, the breeze across the lake is just cool and gentle, all is good. Suddenly you hear a thrashing in bushes and you turn around to see a large black bear running on the path directly toward you. What do you do? Do you run? Do you hold your ground and fight? Do you freeze with terror? It seems like you have choices but the "fight or flight" survival mechanism only reacts to threat of death or injury, there are no thoughts or choices to make. Your brain is not wired to analyze when your only concern is to survive. Book a Free Consult How do you manage stress naturally? Do you want to learn and practice emotional management skills that will recharge your health, improve communication skills, and maximize who you are? Heart Strengths Therapy is a three-step process. Each phase builds on the previous one for maximum effectiveness. Go deep and discover who A.R.E. you? What to expect from three 1-hour sessions? 1. Aware: The initial one-hour session

shows you how daily emotional stressors are impacting your health and well-being through heart rate variability. By the end of the first session you will be aware of these stressors and learn an important tool to reverse their negative effects. 2. Resilience: In the second one-hour session you review your initial skills and learn a second tool that begins to re-pattern negative thoughts, attitudes, and feelings. 3. Emotional Shifting and Repatterning: In the final one-hour session you review your previous skills and learn a third tool for locking-in positive life-long changes. You are what you eat Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance. Have you been wanting to: Learn healthy eating habits and lifestyle changes Create a personalized nutrition plan Reap the health benefits of an improved diet Incorporate food and lifestyle changes gradually Learn more about the nutritional value of food Get adequate sleep and rest Take the first step today and start living a healthier lifestyle. Don't forget that you have the power to make your own choices and take control of your health. Believe in yourself and trust that you can create a better future for yourself through the choices you make. Are you ready to feel younger and thrive? Anti Aging Therapy helps slow down the aging process and improve overall health. Exercise, calorie restriction, detoxifying, inflammation management, digestive function, smart supplementation, cognitive function, and stress management through HeartMath tools are all beneficial. Eating pattern, diet and taking the right supplements that improve metabolism can also reduce the signs of aging. Health is more than simply "the absence of disease." Health is a feeling of vitality — regardless of whether or not you are disease-free. Hi. I'm Dr. Gary Gruber Licensed Naturopathic Physician & Practitioner I help you break the cycle of anxiety, fatigue and burnout while transforming your life into health, vitality and well being. After examining my patients' charts from the past 15 years, I found that those with chronic conditions healed faster and more completely when we first worked on the underlying mental issues (often a mix of stress, anxiety, and depression). Live a life of vitality Perhaps you have an ailment that traditional medicine has no answer for. Or, maybe you don't like the toxic prescription your doctor has offered. Once the negative emotions are handled and released, the body reestablishes homeostasis (i.e., harmony and balance). Patients have described my technique as, "part medical doctor, part detective, part therapist." To me, these qualities are part of a bigger picture. One that ends with you feeling better … fast."

b) from sciencemeetsnature.org/naturopathic-doctor-stamford-ct:

"Dr. Gary Gruber I am a naturopathic physician and environmental health specialist who has been practicing for over 20 years. My specializations include family medicine, anti-aging medicine, environmental medicine, and nutrition. I believe in the power of natural healing and using the body's own resources to promote health and wellness I understand the importance of integrative medicine, which combines traditional and alternative therapies to treat the whole person. My focus is on helping my patients create and maintain balance in their lives. I am passionate about helping people reduce their exposure to environmental toxins and chemicals, as well as helping them make healthier lifestyle choices. I develop individualized

plans to meet your health and wellness goals My methods include a variety of treatments, including herbal supplements, dietary changes, lifestyle modifications, stress management, and physical activity. I am committed to helping my patients achieve optimal health through the use of natural medicine. I am dedicated to providing high-quality care and to educating patients about the importance of natural medicine and how to make healthy lifestyle choices. I strive to empower my patients and help them make informed decisions regarding their health. I am a strong advocate for the use of natural therapies and believes in the power of nature to heal. I am passionate about helping you live your best life and achieve optimal health. Credentials Doctor of Naturopathic Medicine degree from the University of Bridgeport College of Naturopathic Medicine in Bridgeport, Connecticut. Licensed primary care provider in the state of Connecticut. Member of the American Academy of Anti Aging Medicine Certificate in Biological Medicine from Paracelsus Clinic Certified HeartMath Practitioner In addition to my clinical practice, I am an active advocate of integrative medicine, speaking, and writing on the subject of natural medicine and its potential to improve health and wellness."

c) from sciencemeetsnature.org/nutrition:

"Powerful Nutrition A healthy lifestyle thrives on a custom nutrition plan that incorporates your age, diet, metabolism, and medical concerns. Nutrition can be confusing at this point in your life When you were younger, you could eat anything you wanted. Never gain weight and always feel energized. But something has changed. Is it hormones? Metabolism? You are frustrated and anxious about your relationship with food. Food is not medicine, food is necessary for survival, to acquire energy. You are searching for the perfect diet to satisfy your cravings and your desire for happiness from eating. And there are many of them: low-carb; keto; Mediterranean; Atkins; blood type; fodmap; the list goes on and on. You've tried so many and nothing seems to satisfy you. You are not achieving your goals. Find your power nutrition zone Are you aligned with nutrition or are you influenced by the latest memes? You fall victim to the celebrities and influencers who sell diets and nutrition like the local car salesperson. What works for your friend doesn't seem to help you. If smart nutrition doesn't seem to come naturally, I can help you find your perfect zone. Have you been wanting to: Improve your eating habits? Understand your body better? Make your self-care a priority? Learn about supplements that are key to your health and well-being? Experience an increase in overall happiness in your life? Set your intention about your nutrition When you set your intention with positive, long term goals you find the perfect zone. The perfect zone has three general principles: Eating Patterns — An important part of a healthy lifestyle. Diet — Eating a healthy and balanced diet is one of the most important elements to achieving optimal health and wellness. Targeted Metabolic Support — Strategic nutrition is an approach that takes into account an individual's specific needs and health goals. Change your eating patterns Eating patterns refer to the times and frequencies of meals eaten throughout the day. Optimizing yours is an important part of a healthy lifestyle. Time restricted eating and intermittent fasting are two popular eating patterns that have become increasingly popular in recent years. Both have many beneficial health benefits and help to regulate the body's innate

24-hour circadian system. Improve your diet Eating a healthy and balanced diet is one of the most important elements to achieving optimal health and wellness. With a balanced diet, you can maintain a healthy weight, boost your immune system, and improve your overall quality of life. However, creating and adhering to a balanced diet can be a challenge. Some keys to help you manage your diet include increasing alkalizing foods, avoiding food sensitivities, limiting inflammatory foods, and understanding macronutrients and micronutrients. Support your metabolism Strategic nutrition is an approach that takes into account an individual's specific needs and health goals. It is a personalized approach to nutrition that is tailored to the individual, taking into account age-related deficiencies, medical conditions, lifestyle, and goals. Strategic nutrition is based on the idea that food can be used to optimize health and performance. The best way to optimize health and performance is to tailor a nutrition plan to your individual needs. Get a customized nutrition plan for your specific needs Dr. Gruber takes a personalized approach to nutrition based on the latest evidence and research. The first step is to evaluate your current diet, lifestyle, age-related deficiencies, and medical conditions. Based on this assessment, your personalized nutrition plan will include a variety of whole foods and nutriceuticals to target energy metabolism and provide the nutrients needed for optimal health. Dr. Gruber also recommends that his patients periodically reassess their nutrition plan. This ensures that the plan is up-to-date and that any deficiencies or health goals are being met. Functional medicine nutrition plan Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance. During the course of the program, you will: Review body systems and prioritize obstacles to health and well-being. Perform targeted testing: food sensitivities, mold testing, comprehensive digestive analysis, heavy metal testing, genome analysis, functional nutritional and metabolic. Get a treatment plan that is reviewed and updated monthly in a 15-minute free consultation. Feel better in your body. Improve personal relationships."

d) from sciencemeetsnature.org/naturopathic-physicians-oath:

"Naturopathic Physician's Oath. I dedicate myself to the service of humanity as a practitioner of the art and science of Naturopathic medicine. I will honor my teachers and all who have preserved and developed this knowledge and dedicate myself to supporting the growth and evolution of Naturopathic medicine. I will endeavor to continually improve my abilities as a healer through study, reflection, and genuine concern for humanity. I will impart knowledge of the advanced healing arts to dedicated colleagues and students. Through precept, lecture, and example, I will assist and encourage others to strengthen their health, reduce risks for disease, and preserve the health of our planet for ourselves, our families, and future generations. According to my best ability and judgment, I will use methods of treatment which follow the principles of Naturopathic medicine: Primum Non Nocere – First of all, to do no harm Vis Medicatrix Naturae – To act in cooperation with the Healing Power of Nature Tolle Causam – To address the fundamental cause of disease Tolle Totum – To heal the whole person through individualized treatment Docere – To teach the principles of health living and preventive medicine. I will

conduct my life and the practice of Naturopathic health care with vigilance, integrity, and freedom from prejudice. I will abstain from voluntary acts of injustice and corruption. I will keep confidential whatever I am privileged to witness, whether professionally or privately, that should not be divulged. With my whole heart, before this gathering of witnesses, as a Doctor of Naturopathic Medicine, I pledge to remain true to this oath."

e) from sciencemeetsnature.org/naturopathy:

"What is Naturopathy? What is Naturopathic Medicine? Naturopathy is a field of medicine that offers: Scientifically proven natural methods of healing Preventative medicine Treatment of the root cause of illness Simultaneous treatment of mind, body, and spirit. A strong patient-doctor relationship What is a Naturopathic Physician? Naturopathic physicians are highly trained in both conventional and traditional (natural) medicine, completing a four-year post-graduate program in basic and clinical sciences, as well as clinical nutrition, botanical medicine, homeopathy, acupuncture, physical medicine, and counseling. Your ND will prepare a personalized plan to bring you to optimal health. That might include any combination of natural healing treatments, such as acupuncture, homeopathy, counseling, botanicals, biofeedback for stress reduction, and others. When you visit an ND, be prepared to take an active role in your own health! You'll receive personalized recommendations regarding diet, exercise, and any other factors that might affect your well-being. Ultimately, you're in control of your health, and only you can decide to make healthy changes. But with an ND, you have a guide to lead you through the confusing maze of nutrition, exercise, and general health information. Naturopathic Medicine is a very small community of board-certified doctors who are licensed to treat patients with all types of medical conditions. Despite its size, this community delivers exceptional healthcare to thousands of people throughout the country. Learn More About Naturopathic Medicine The American Association of Naturopathic Physicians has produced the following educational video clips. Click on the topics to view the videos. Please contact Dr. Gruber for more information."

f) from sciencemeetsnature.org/conditions:

"What to Expect From a Naturopathic Physician An initial appointment with a naturopathic physician (ND) lasts about 1.5 hours and includes questions about your medical history, lifestyle and health habits. An ND might order lab testing if he or she believes it's indicated. bottle-scoopYour ND will prepare a personalized plan to bring you to optimal health. That might include any combination of natural healing treatments, such as acupuncture, homeopathy, counseling, botanicals, biofeedback for stress reduction, and others. When you visit an ND, be prepared to take an active role in your own health! You'll receive personalized recommendations regarding diet, exercise, and any other factors that might affect your well being. Ultimately, you're in control of your health, and only you can decide to make healthy changes. But with an ND, you have a guide to lead you through the confusing maze of nutrition, exercise, and general health information. When You Feel Ill When you do feel ill, NDs are well trained to diagnose your disease. They

treat the root cause, leading to true wellness. Symptoms, while uncomfortable, are often signs of an underlying disease process. Your ND will identify and prioritize obstacles to your health. Your treatment plan will always address your whole self, physical, emotional, and spiritual. It will help lead you to a condition of well being and empowerment for your health. A Naturopathic Physician Can Help You With These Areas: NEUROLOGICAL Depression Insomnia Anxiety and Panic ADD/ADHD Migraine Tinnitus Dementia CARDIOVASCULAR Hypertension Atherosclerosis Neuropathy Anemia Claudication Congestive Heart Failure ENDOCRINE Obesity Diabetes I & II Insulin Resistance Syndrome Hypoglycemia ACUTE Sore throat, colds, & coughs Physical Injury IMMUNE Allergies Psoriasis Polymyalgia Rheumatica Rheumatoid Arthritis Fibromyalgia Lupus Sjogren LYME Disease INFLAMMATORY Pain Arthritis Sinusitis DIGESTIVE Indigestion Constipation Diarrhea Ulcerative Colitis Irritable Bowel SPECIALTIES OF INTEGRATIVE MEDICINE Surgical Preparation Cancer Support.”

036. ND Nelson ND Santapaola Pages at thehealingduo.com

a) from thehealingduo.com/about-us:

“Welcome to Our Story - About Us. Empowering Your Health Journey Through Education at The Healing Duo. Dr. Giovanni A. Nelson Licensed Naturopathic Medical Doctor Lead Health Educator and Gut Health Expert Dr. Giovanni A. Nelson, ND, a leading figure at The Healing Duo, blends his clinical expertise with a commitment to health education. He advocates for patient empowerment through informed care plans. As an esteemed professor at the University of Bridgeport Nutrition Institute, Dr. Nelson educates future health professionals, ensuring his practice is informed by the latest in health sciences. His dedication extends beyond his professional roles, with personal interests that enrich his life and family. Read More Dr. Pamela Santapaola Licensed Naturopathic Medical Doctor Health Educator and Gut Health Expert Dr. Pamela Santapaola, or Dr. Pam, is a co-founder of The Healing Duo, specializing in naturopathic care with a particular emphasis on digestive and women's health. Her approach marries conventional and holistic medicine, driven by her passion for education and empowering patients to take control of their health. A graduate of the University of Bridgeport, Dr. Pam's personal and professional life is a testament to her commitment to holistic well-being. Read More Frequently Asked Questions Welcome to Healing Duo Integrative Family Medical Practice, where we believe that knowledge is the cornerstone of lasting health. Nestled in the heart of Norwalk, Connecticut, our practice stands as a bastion of integrative naturopathic education, offering a sanctuary for learners and patients of all ages seeking to deepen their understanding of health and wellness. At The Healing Duo, we're not just practitioners but educators dedicated to illuminating the path to long-term health through the rich landscape of natural, noninvasive, and holistic care. We go beyond traditional medicine, empowering you with educational resources and alternative treatment options that place the power of health back into your hands. Our commitment to health education is woven into every aspect of our care. From the fundamentals of nutrition to the intricate practices of hands-on holistic therapies, we ensure you have access to the knowledge needed to make informed decisions about your health. Our educational approach is designed to provide you with a comprehensive understanding of the treatments you receive, such as acupuncture, cupping, and IASTM, as well as the tools to sustain your well-being beyond our clinic's doors. Personalized care at The Healing Duo means you're not just another patient but a valued member of our learning community with unique needs and the potential to grow. We're here to guide you through the complexities of your health concerns by addressing the root causes, not just the symptoms, and equipping you with the educational insight to navigate your health journey confidently. Our team remains at the forefront of naturopathic research and education, ensuring you benefit from the latest findings and techniques. We're available to answer your questions, discuss your concerns, and provide the necessary resources before, during, and after your visits. With services like advanced laboratory testing, neurotransmitter assessments, and physician-grade supplements, we deliver an educational health experience as comprehensive as it is enlightening. At The Healing Duo, you're more than a patient

—a partner in the shared mission of health education. We welcome you with the warmth and care of family, inviting you to join us in a collaborative, compassionate learning environment. To embark on a transformative educational health experience, book your appointment with The Healing Duo today—where your well-being is nurtured through knowledge.”

b) from thehealingduo.com:

“Personalized Natural Healthcare for Your Wellness Journey Empowering you with holistic treatments and compassionate care to achieve optimal health and vitality 203-693-1429 Book Appointment Text Us A Simple 3-Step Process for Working with Our Office Step one of the healing process Easily Book Your Appointment Call us or book online to set up your first appointment with Dr. Giovanni Nelson. Before your visit, you'll fill out some forms online to tell us about your health. Step two of the process Attend Your First Virtual Visit Your first visit will last about 60 minutes directly with your doctor. During this time, the doctor will talk with you about your health concerns and may do a physical exam if needed. Step three of the process Complete Your Labs and Get a Custom Treatment Plan After your first visit, the doctor will email a detailed health plan just for you. A follow-up visit will be scheduled to review your lab results within 2 - 4 weeks (depending on processing times at the lab). Here we will fine tune your individualized plan for best results. Services What We Offer Counseling Fertility Care Functional Health Testing Herbal Medicine Homeopathy Naturopathic medicine Nutrition Weight Loss.”

c) from thehealingduo.com/services/naturopathic-medicine:

“Naturopathic Medicine Healing Duo Integrative Family Medical Practice Integrative Medicine Specialists & Naturopathic Physician specialists located in Norwalk, CT If you are seeking a comprehensive approach to healthcare that treats the root cause of your health issues, naturopathic medicine may be the solution for you. At our Healing Duo Integrative Family Medical Practice in Norwalk, Connecticut, our naturopathic physicians, Dr. Giovanni A. Nelson, ND, and Dr. Pamela Santapaola, ND, offer a wide range of naturopathic treatments to address various health conditions. Naturopathic medicine can enhance your overall well-being by improving immune function, supporting digestive health, and managing chronic pain. Contact us or schedule a consultation online today to start your journey towards optimal health. Book Appointment 203-693-1429 Naturopathic medicine Q & A What is naturopathic medicine? Naturopathic medicine offers a holistic approach to healthcare, focusing on natural remedies and the body’s inherent ability to heal itself. Utilizing a combination of nutritional counseling, herbal medicine, and lifestyle modifications, naturopathic doctors aim to treat the root cause of illnesses rather than just alleviating symptoms. This integrative healthcare practice emphasizes preventative care, personalized treatment plans, and the use of non-invasive therapies to promote overall wellness. What conditions can naturopathic medicine treat? Naturopathic medicine, with its holistic approach, addresses a wide range of health conditions by treating the root causes rather than just the symptoms. At our practice, our naturopathic doctors employ natural remedies and individualized treatment plans to enhance the body’s innate healing

abilities. This comprehensive approach is effective for: Managing chronic pain Balancing hormonal disorders Supporting mental health Enhancing immune function Improving cardiovascular health Promoting weight management Reducing stress and anxiety Supporting digestive health Routine wellness exams Acute care sick visits The team at Healing Duo Integrative Family Medical Practice may recommend a combination of nutritional counseling, herbal medicine, and lifestyle modifications to effectively treat autoimmune diseases, digestive disorders, skin conditions, allergies, respiratory issues, chronic fatigue, and metabolic disorders. What can I expect during a naturopathic visit? During a naturopathic visit, you can expect a thorough and personalized approach to your healthcare. Your naturopathic doctor will begin with an in-depth discussion about your health history, lifestyle, and any specific concerns or symptoms you may have. This comprehensive assessment helps identify the root causes of your health issues. Next, your doctor may perform a physical examination and recommend diagnostic tests if necessary. Based on the findings, a customized treatment plan will be developed, which may include nutritional counseling, herbal medicine, lifestyle modifications, and other natural therapies. The goal is to create a holistic and integrative plan that supports your body’s natural healing processes and promotes long-term wellness. Additional Medical Services. Annual Physical Exams. Our naturopathic physicians provide comprehensive annual physical exams to assess your overall health and detect any potential health issues early. These exams include a thorough review of your medical history, a physical examination, and recommendations for preventive care. Electrocardiogram (EKG/ECG). We offer in-office EKG (electrocardiogram) testing to monitor heart health and detect any abnormalities in heart rhythm. This non-invasive test provides valuable information about your heart’s electrical activity and overall function. If needed your physician may order a Holter Monitor which is a portable device used to continuously monitor your heart’s electrical activity 72 hours or more. This non-invasive test helps detect irregular heart rhythms and provides valuable insights into your heart health. Point of Care Testing. Our clinic provides point of care testing for immediate results on various health markers, including urine testing, blood pressure, and blood glucose measurements. This allows for timely diagnosis and management of health conditions. Blood Pressure and Blood Sugar Checks. Regular monitoring of blood pressure and blood sugar levels is essential for managing hypertension and diabetes. Our naturopathic doctors offer these services to help you maintain optimal health and prevent complications. Continuous Glucose Monitoring (CGM) Installation and Supportive Monitoring. We provide Continuous Glucose Monitoring (CGM) installation and supportive monitoring using devices like Dexcom and Freestyle Libre. This technology allows for real-time tracking of blood glucose levels, helping you manage diabetes more effectively and make informed lifestyle choices. SIBO Breath Testing Device Setup. For patients experiencing digestive issues, we offer SIBO (Small Intestinal Bacterial Overgrowth) breath testing device setup via FoodMarble Aire 2 device. This test helps diagnose SIBO and guides treatment plans to improve gut health and relieve symptoms. Since the device provides multiple uses we are able to use it to evaluate food intolerances to Fructose, Lactose, Sorbitol, and Inulin. This technology allows for real-time tracking and allowing fast diagnosis and treatment plan execution. What will naturopathic medicine do for my health?

Naturopathic medicine can significantly enhance your overall health and well-being by addressing the root causes of your health issues. You may experience improvements in energy levels, immune function, and mental clarity as your body responds to natural treatments and lifestyle modifications. Many patients also report relief from chronic pain, balanced hormones, and better digestive health as key benefits of naturopathic care. After starting your naturopathic treatment plan, you can continue with your regular activities while incorporating the recommended changes. Some individuals may notice initial adjustments as their body begins to heal and adapt to the new regimen. To determine how naturopathic medicine can specifically benefit your health, please contact Healing Duo Integrative Family Medical Practice or book an appointment online today."

d) from thehealingduo.com/services/functional-health-testing:

"Functional Health Testing. Healing Duo Integrative Family Medical Practice. Integrative Medicine Specialists & Naturopathic Physician specialists located in Norwalk, CT. If you are seeking a comprehensive approach to understanding and improving your health, functional health testing may be the solution for you. At Healing Duo Integrative Family Medical Practice in Norwalk, Connecticut, our naturopathic physician Giovanni A. Nelson, ND, provides in-office and at-home functional health testing to address various health conditions. Functional health testing can uncover underlying imbalances, identify nutrient deficiencies, and help tailor a personalized treatment plan. Contact us or schedule a functional health testing consultation online today. Book Appointment 203-693-1429 Functional Health Testing Q & A What is functional health testing? Functional health testing is a comprehensive approach used in naturopathic medicine to assess and optimize your overall health. By utilizing advanced diagnostic tests, this method helps identify the root causes of health issues, uncovering nutrient deficiencies, hormonal imbalances, and other underlying conditions. Our skilled naturopathic doctor uses functional health testing to develop personalized treatment plans that enhance wellness and prevent disease. What conditions can functional health testing address? Functional health testing, a core component of naturopathic care, provides valuable insights into a variety of health conditions by identifying imbalances and deficiencies. At our practice, our skilled naturopathic doctors use these tests to create targeted treatment plans for: Improving digestive health Balancing hormones Supporting mental health Enhancing immune function Managing chronic fatigue Reducing inflammation Addressing food sensitivities Optimizing metabolic health Promoting overall wellness. The team at Healing Duo Integrative Family Medical Practice may incorporate functional health testing alongside other treatments such as nutritional counseling, herbal medicine, and lifestyle modifications to effectively address your unique health needs. Functional Tests Offered Organic Acid Testing (OAT) What is Organic Acid Testing (OAT)? Organic Acid Testing (OAT) is a comprehensive diagnostic tool used to evaluate metabolic function by measuring organic acids excreted in urine. These acids are byproducts of metabolism and can provide insights into various biochemical pathways in the body, including energy production, neurotransmitter function, and gut health. Benefits of Organic Acid Testing OAT can detect deficiencies in vitamins and minerals essential for optimal

health, such as B vitamins and magnesium. The detailed insights from OAT allow for targeted and individualized treatment plans to address specific health concerns effectively. Neurotransmitters can be indirectly analyzed to help determine the root cause of mental health and mood concerns. It provides information on the body's ability to detoxify and eliminate toxins, which is crucial for maintaining overall health. OAT can identify overgrowth of yeast and bacteria in the gut, which can contribute to symptoms like fatigue, digestive issues, and mood disturbances. This test helps uncover imbalances in energy production, fatty acid metabolism, and carbohydrate metabolism. Mycotoxins Testing What is Mycotoxins Testing? Mycotoxins Testing is a specialized diagnostic tool used to detect the presence of mycotoxins, toxic compounds produced by certain types of mold. These toxins can accumulate in the body and cause a range of health issues, particularly when exposure is chronic or high. Benefits of Mycotoxins Testing This test can confirm exposure to harmful mold and mycotoxins, which is essential for diagnosing mold-related illnesses. The detailed results from Mycotoxins Testing allow for customized treatment strategies to address and mitigate the effects of mycotoxin exposure effectively. Early detection and treatment of mycotoxin exposure can prevent long-term health complications such as chronic fatigue, cognitive issues, and respiratory problems. By identifying specific mycotoxins, our naturopathic practitioners can develop targeted detoxification protocols to help eliminate these toxins from the body. Mycotoxins Testing helps determine the extent of the impact on various bodily systems, including respiratory, neurological, and immune function. SIBO Breath Testing What is SIBO Breath Testing? SIBO (Small Intestinal Bacterial Overgrowth) Breath Testing is a non-invasive diagnostic tool used to detect the presence of excessive bacteria in the small intestine. The test measures the levels of hydrogen and methane gases produced by these bacteria after consuming a sugar solution. Benefits of SIBO Breath Testing This test accurately identifies the presence of bacterial overgrowth in the small intestine, which is crucial for proper diagnosis and treatment. By addressing SIBO, patients can experience better nutrient absorption and overall digestive function, leading to enhanced overall health and well-being. Identifying and treating SIBO effectively can help prevent recurrent digestive issues and improve long-term gut health. The results help our naturopathic providers tailor treatment plans, including dietary changes, antibiotics, or herbal antimicrobials, to address the specific type of bacterial overgrowth. SIBO Breath Testing can explain symptoms like bloating, gas, abdominal pain, diarrhea, and constipation, which are commonly associated with IBS. GI MAP Testing What is GI MAP Testing? GI MAP (Gastrointestinal Microbial Assay Plus) Testing is a comprehensive stool analysis that evaluates the health of the gut microbiome. It uses advanced DNA sequencing technology to detect and quantify a wide range of pathogens, beneficial bacteria, and other microorganisms in the digestive tract. Benefits of GI MAP Testing GI MAP Testing can detect bacterial, viral, and parasitic infections that may be causing digestive symptoms and other health issues. By addressing imbalances and infections identified through GI MAP Testing, patients can experience relief from symptoms like bloating, diarrhea, constipation, and abdominal pain, leading to better digestive health and overall well-being. GI MAP Testing can identify markers of inflammation and intestinal permeability (leaky gut), which are important for diagnosing and managing chronic conditions. The results of

GI MAP Testing allow our naturopathic providers to create targeted treatment plans, including probiotics, antimicrobials, and dietary changes, to restore gut health. This test provides detailed information on the balance of beneficial and harmful bacteria in the gut, which is crucial for overall health. Hormone Testing What is Hormone Testing? Hormone Testing is a diagnostic tool used to measure the levels of various hormones in the body, including estrogen, progesterone, testosterone, cortisol, and thyroid hormones. This testing can be performed using blood, saliva, or urine samples to provide a comprehensive view of hormonal health. Benefits of Hormone Testing Hormone Testing helps detect imbalances that can affect overall health, including issues related to the menstrual cycle, menopause, andropause, and thyroid function. Regular hormone testing can help monitor and maintain optimal hormone levels, reducing the risk of chronic conditions such as osteoporosis, cardiovascular disease, and metabolic disorders. By addressing hormonal imbalances, patients can experience improved mental clarity, emotional stability, energy levels, and physical well-being. The results allow our naturopathic providers to develop personalized treatment plans, which may include hormone replacement therapy, dietary changes, and lifestyle modifications to restore hormonal balance. This testing can explain symptoms such as fatigue, mood swings, weight gain, sleep disturbances, and low libido, which are often linked to hormonal imbalances. Adrenal Testing What is Adrenal Testing? Adrenal Testing is a diagnostic tool used to assess the function of the adrenal glands by measuring levels of cortisol and other adrenal hormones. This testing can be done using saliva, blood, or urine samples to evaluate how well the adrenal glands are responding to stress and maintaining hormonal balance. Benefits of Adrenal Testing Adrenal Testing helps identify conditions such as adrenal fatigue or adrenal insufficiency, which can affect energy levels, stress response, and overall health. Adrenal Testing helps in maintaining the balance of other hormones, such as thyroid and sex hormones, promoting overall hormonal health and well-being. By addressing adrenal dysfunction, patients can experience increased energy, improved sleep quality, and enhanced ability to cope with stress. The results allow our naturopathic providers to develop personalized treatment plans, including lifestyle changes, nutritional support, and stress management techniques to restore adrenal function. This testing can explain symptoms like chronic fatigue, insomnia, weight gain, anxiety, and difficulty handling stress, which are often associated with adrenal imbalances. What can functional health testing help resolve? These tests can help identify and resolve issues such as: Nutrient deficiencies Metabolic dysfunction Mycotoxin exposure Adrenal fatigue Chronic inflammation Gut dysbiosis and infections Hormonal imbalances What can I expect during a functional health testing visit? During a functional health testing visit, you can expect a thorough and personalized approach to your healthcare. Your naturopathic doctor will begin with a detailed discussion about your health history, symptoms, and lifestyle. This initial assessment helps in identifying areas that require further investigation. Next, the doctor will recommend specific diagnostic tests based on your individual needs. These tests may include blood work, urine analysis, stool collection, breath, or saliva testing to assess various aspects of your health. Once the results are available, the doctor will review them with you and develop a personalized treatment plan to address any identified imbalances or deficiencies. After the

testing, you will receive detailed recommendations and ongoing support to implement your treatment plan effectively. The doctor will also provide guidance on lifestyle modifications and dietary changes to enhance your overall health and well-being. What will functional health testing do for my health? Functional health testing can provide the missing information that could help significantly improve your overall health by identifying and addressing underlying imbalances and deficiencies. You may experience enhanced energy levels, improved digestion, balanced hormones, and better mental clarity as a result of this comprehensive approach. Some patients also notice a reduction in chronic symptoms and an overall boost in their quality of life. After your functional health testing session, you can continue with your regular activities while incorporating the recommended changes into your lifestyle. However, some people may need to make gradual adjustments based on their specific health needs. To determine how functional health testing can benefit your health, please contact Healing Duo Integrative Family Medical Practice or book an appointment online today.”

e) from thehealingduo.com/services/homeopathy:

“Homeopathy Healing Duo Integrative Family Medical Practice Integrative Medicine Specialists & Naturopathic Physician specialists located in Norwalk, CT If you are seeking a gentle and natural approach to healthcare that stimulates the body’s own healing processes, homeopathy may be the solution for you. At Healing Duo Integrative Family Medical Practice in Norwalk, Connecticut, our naturopathic physicians, Dr. Giovanni A. Nelson, ND, and Dr. Pamela Santapaola, ND, offer homeopathy treatments to address various health conditions. Homeopathy can enhance your overall well-being by using highly diluted natural substances to promote balance and healing. Contact us or schedule a homeopathy consultation online today. Book Appointment 203-693-1429 Homeopathy Q & A What is homeopathy? Homeopathy is a natural medical system that uses highly diluted substances to stimulate the body’s healing processes. Based on the principle of "like cures like," homeopathic remedies are chosen to match the symptoms of the patient, encouraging the body to heal itself. These remedies are derived from plants, minerals, and other natural sources and are prepared through a process of serial dilution and succussion (vigorous shaking). What conditions can homeopathy treat? Homeopathy, with its individualized and gentle approach, addresses a wide range of health conditions by treating the person as a whole rather than just the symptoms. At our practice, our naturopathic doctors use homeopathy to treat: Managing chronic pain Promoting overall wellness Alleviating skin conditions Treating respiratory conditions Reducing allergies Improving digestive health Enhancing immune function Supporting mental health Balancing hormonal disorders The team at our clinic may incorporate homeopathy alongside other treatments such as nutritional counseling, herbal medicine, and lifestyle modifications to effectively treat your specific condition and improve overall health. What can I expect during a homeopathy visit? During a homeopathy visit, you can expect a thorough and personalized approach to your healthcare. Your naturopathic doctor will begin with an in-depth discussion about your health history, symptoms, and overall well-being. This comprehensive assessment helps identify the unique

symptoms and characteristics that guide the selection of the most appropriate homeopathic remedy. Next, the doctor will recommend specific homeopathic remedies tailored to your individual needs. These remedies are usually taken as small pellets, liquid drops, or tablets. The doctor will explain how to use the remedies and provide you with a personalized treatment plan. After starting your homeopathic treatment, you may experience a gradual improvement in your symptoms as the remedies work to stimulate your body's healing processes. The doctor will also provide ongoing support and may adjust your treatment plan as needed to ensure optimal results. What will homeopathy do for my health? Homeopathy can significantly enhance your overall health by addressing the root causes of your health issues and promoting your body's natural healing abilities. You may experience improvements in energy levels, emotional balance, and immune function as a result of using homeopathy. Many patients also report relief from chronic pain, better sleep, and improved overall well-being. After starting your homeopathy treatment plan, you can continue with your regular activities while incorporating the recommended homeopathic remedies into your daily routine. Some individuals may notice initial adjustments as their body begins to respond to the natural treatments. To determine how homeopathy can specifically benefit your health, please contact Healing Duo Integrative Family Medical Practice or book an appointment online today."

f) from thehealingduo.com/frequently-asked-questions:

"Frequently Asked Questions Frequently Asked Questions Naturopathic Doctors Get About Solving Health Concerns How does Healing Duo Integrative Family Medical Practice approach health and wellness differently? Your health and well-being are our top priorities. We believe that every question deserves an answer and every concern merits attention. Whether you're seeking more information about our services, have questions about your wellness journey, or need assistance scheduling an appointment, our dedicated team is here to support you. Can you assist with my specific health concerns? Absolutely. Our team is experienced in addressing a broad spectrum of health issues with a personalized touch and always focus on treating the underlying cause of disease. We consider your unique health history and collaborate to create a pathway that leads to effective, natural solutions and optimized health. We care for patients from newborns to adulthood. Our physicians are trained to handle various conditions, from minor infirmities to major chronic illnesses. Ultimately, our physicians focus on treating the whole person, not just lab results or an afflicted body part. You are a whole person and not merely a medical condition. Do i Still need a primary care provider (PCP) or Pediatrician? Yes, absolutely. All patients of Healing Duo Integrative Family Medical Practice are required to maintain an active relationship with a Primary Care Physician (PCP) or General Practitioner (GP). Your PCP is essential for providing services that fall outside of our scope, including: Access to life-saving medications and management of acute or chronic conditions requiring conventional treatment. Routine preventative care, such as annual physicals, immunizations, and standard screening procedures. Immediate care for acute conditions or procedures that require an in-office visit (e.g., sutures, urgent bloodwork, etc.). How will my visits be conducted

moving forward? Moving forward, Healing Duo Integrative Family Medical Practice will focus our visits on specialty integrative care delivered primarily via telehealth. This approach allows us to serve you more efficiently and focus our expertise on deep-dive diagnostics, root-cause analysis, and personalized treatment plans without the geographical limitations of in-office visits. Will you be able to address emergency or urgent medical needs? No. As a specialty telehealth practice, we are not equipped to handle medical emergencies. If you experience a medical emergency, please call 911 or go to your nearest Emergency Room. For urgent but non-emergency medical issues, you must contact your PCP or an Urgent Care facility. What insurance plans do you accept, and how can I manage costs? Effective January 1st 2026 Healing Duo Integrative Family Medical Practice and it's physicians will be out of network with all insurance companies. Fee Schedule - Effective 2026 What makes a Naturopathic Physician (ND) at The Healing Duo unique? Simply put, naturopathic physicians (NDs) are experts in natural medicine. Our NDs are not just healthcare providers but educators and advocates for your health. Licensed in Connecticut, they utilize natural therapies backed by scientific evidence and centuries of traditional wisdom to activate your body's inherent healing abilities. They aim to empower you with knowledge and care that transcends conventional treatment. Why should I consult with a Naturopathic Physician for supplements and herbs? Navigating the world of supplements and herbs requires expertise. Our Naturopathic Physicians have extensive training in botanical medicine and nutritional biochemistry, ensuring that any natural therapy recommended is safe, effective, and tailored to your needs. Self-prescribing can be risky; professional guidance is vital to safe, natural health care. Will I need to stop my prescription medications if I start naturopathic treatments? No, you do not have to stop your prescription medications. Our integrative approach may complement or enhance your current treatment plan and, in some cases, may lead to a reduced dependence on certain pharmaceuticals. However, any changes to medication should be done under the supervision of our Naturopathic Physicians in coordination with your primary care provider. Above all, we want you to reach your health goals safely. We believe an integrated and collaborative approach is ideal when prescription medication is concerned. Are naturopathic treatments evidence-based? Yes. We prioritize treatments with a solid foundation in scientific research, complemented by a long history of traditional and clinical application. Our physicians stay updated with the latest medical literature to ensure that your care is both cutting-edge and time-honored. What new services does Healing Duo Integrative Family Medical Practice offer? As part of our vision to empower patients, we now offer a range of educational resources, including workshops, eBooks, and group health coaching sessions. These services complement our one-on-one care by giving you the tools to take charge of your health. See the complete list of services below. How do I get started on my path to wellness with Healing Duo Integrative Family Medical Practice? Beginning your wellness journey with us is simple. Schedule an appointment below, and attend your appointment to start your health journey. We're excited to partner with you on your path to empowered health.”

g) from thehealingduo.com/blog/a-few-reasons-you-need-a-naturopathic-doctor:

“A Few Reasons You Need a Naturopathic Doctor The Vast Natural Products Market There are many tens of thousands of natural products readily available for use on the marketplace today. You can easily order supplements online, walk to your nearest health food store, or pick them up at your pharmacy. While easy access to products is normally an excellent idea, when it comes to health products it can be a slippery slope. How do you know how much of any given supplement to take without lab work to insure it is even necessary? How do you figure out if that product is safe to be taken while on medication? Naturopathic doctors are experts in natural medicine and have many years of training on both pharmaceutical medications and herbal/nutritional supplements. Also, beware of counterfeit products being sold online; only purchase from trusted suppliers or directly from the producer. Is Natural Always Safe? In recent times the use of natural products have skyrocketed! However, over the years natural and safe have become synonymous and that is not always true. Take for example the harmless looking natural mushrooms on the left. Those are the infamous Amanita phalloides or Death Cap mushroom which releases a poisonous toxin when ingested. There are many documented cases of liver damage and death as a result of eating the wrong wild mushrooms. There has also been cases of products tainted with heavy metals something that has even been reported to be present in fruit juice recently. This information is vital to you and your family because you need to know which products are safe to use. As a naturopath doctor I look for supplement companies that go the extra-mile and have outside analysis of their products to ensure that there are no contaminants and that the products contain what it claims. Root Cause Approach One of the things that we learn from studying medicine and pathology is that many conditions do not have a single "cause." Often, there can be multiple causes or it may even simple be unknown (idiopathic). I think it is universally accepted at this point that eating a well-balanced, healthy diet is essential for good health. Naturopathic doctors take this approach a little further because on top of the fact that most Americans are not eating a well-balanced, healthy diet. Even if they were, the nutritional value of food varies for numerous reasons: Food Quality: Commercially available fruits and vegetables are often picked early in order to be shipped cross-country. They are often ripened in the trucks or warehouse to look and taste good but they have lower nutritional content. This process is completed with ethylene gas, a hormone for plants. Soil Quality: Obviously the plants can only take and use what is in the soil, so if there are no or low nutrients in the soil than the plants will also have the same. Pesticide use: Many pesticides are environmental toxins that have to be processed by your body. While pesticides are important to the agricultural process to be able to provide us food. Our livers then have the task of detoxifying these chemicals which require vitamins and minerals as cofactors. Once used they are not recycled, leaving us with a potential loss of vitamins and minerals. These are just a few examples of why diet alone sometimes isn't enough to correct a nutritional imbalance in our current environment. Our bodies have to work harder than they did in the past to keep us healthy and sometimes specific individualized nutritional supplementation will give your body the boost you need to be your best. Also important to note is that we are all unique and have our own individual biochemical needs. Due to complicated genetic polymorphisms, that I will not get into here today, you many have a greater need

for specific B vitamins, amino acids, or even exercise than other people. Come in for an appointment and let's see if we can figure out what you individual needs are. Like, share, or comment below! Don’t forget to check out our disclaimer before commenting! Important Disclaimer: The information provided on this site is intended for your general knowledge only; it is NOT meant to substitute professional medical advice or treatment for specific medical conditions. You should NOT use this information to diagnose or treat a health problem/disease without consulting with a qualified healthcare provider. Please schedule an appointment or call 203-693-1429 for individualized natural medicine.”

h) from thehealingduo.com/services/herbal-medicine:

“Herbal Medicine Healing Duo Integrative Family Medical Practice Integrative Medicine Specialists & Naturopathic Physician specialists located in Norwalk, CT If you are seeking a natural approach to healthcare that utilizes the healing power of plants, herbal medicine may be the solution for you. At Healing Duo Integrative Family Medical Practice in Norwalk, Connecticut, our naturopathic physicians, Dr. Giovanni A. Nelson, ND, and Dr. Pamela Santapaola, ND, offer herbal medicine treatments to address various health conditions. Herbal medicine, also known as botanical medicine, can enhance your overall well-being by supporting the body’s natural healing processes and promoting balance. Contact us or schedule an herbal medicine consultation online today. Book Appointment 203-693-1429 Herbal Medicine Q & A What is herbal medicine? Herbal medicine, also known as botanical medicine, is a practice that uses plants and plant extracts to treat and prevent various health conditions. Naturopathic doctors use herbs to create personalized treatment plans that address the root causes of illness and support the body’s natural healing abilities. Herbal medicine can be used in the form of teas, tinctures, capsules, and topical applications. What conditions can herbal medicine treat? Herbal medicine, with its holistic and natural approach, addresses a wide range of health conditions by treating the underlying causes and promoting overall wellness. At our practice, our naturopathic doctors use herbal medicine to treat: Managing chronic pain Promoting skin health Alleviating allergies Supporting cardiovascular health Reducing inflammation Improving digestive health Enhancing immune function Supporting mental health Balancing hormonal disorders The team at our clinic may incorporate herbal medicine alongside other treatments such as nutritional counseling, lifestyle modifications, and other naturopathic therapies to effectively treat your specific condition and improve overall health. What can I expect during a herbal medicine visit? During a herbal medicine visit, you can expect a thorough and personalized approach to your healthcare. Your naturopathic doctor will begin with a detailed discussion about your health history, symptoms, and lifestyle. This initial assessment helps in identifying the root causes of your health issues. Next, the doctor will recommend specific herbs and herbal formulations based on your individual needs. These recommendations may include teas, tinctures, capsules, or topical applications. The doctor will explain how to use the herbs and provide you with a comprehensive treatment plan. After starting your herbal medicine regimen, you may experience gradual improvements in your symptoms as the herbs work to support your body’s healing processes. The doctor

will also provide ongoing support and may adjust your treatment plan as needed to ensure optimal results. What will herbal medicine do for my health? Herbal medicine can significantly enhance your overall health by addressing the root causes of your health issues and supporting your body’s natural healing abilities. You may experience improvements in energy levels, immune function, and mental clarity as a result of using herbal medicine. Many patients also report relief from chronic pain, balanced hormones, and better digestive health. After starting your herbal medicine treatment plan, you can continue with your regular activities while incorporating the recommended herbal remedies into your daily routine. Some individuals may notice initial adjustments as their body begins to respond to the natural treatments. To determine how herbal medicine can specifically benefit your health, please contact Healing Duo Integrative Family Medical Practice or book an appointment online today.”

037. ND Chow Pages at sites.google.com/naturehealsct.com/naturehealsct

a) from sites.google.com/naturehealsct.com/naturehealsct/about-me:

“About Me. I am a board-certified Naturopathic Physician and Acupuncturist. About 15 years ago, I began my journey in the Union Square neighborhood in Manhattan where I enjoyed helping people discover and facilitate their own abilities to improve their health and wellbeing. I have worked with many common ailments as well as those where there do not appear to be a simple diagnosis. I love to sit down with my patients and show them how seemingly unrelated symptoms can have the same root cause(s). By addressing the root cause(s), the symptoms start to dissipate, the body begins to return to a state of optimal balance. My mission to empower my patients to take charge of their own health is 4-fold: 1) Identify the root cause(s) of suboptimal health 2) Remove obstacles to healing 3) Stimulate the body's inner ability to heal 4) Maintain and optimize wellness. I believe that no two individuals are alike, therefore there are no cookie-cutter recommendations or protocols. Everyone receives his or her own customized treatment plan after a comprehensive consultation and evaluation. Since welcoming my baby boy in late 2021, I have decided to permanently relocate my practice to Fairfield CT. I am so excited to begin my new path here in CT! For those of you who would like to work with me but who do not reside in CT or near Fairfield, please contact me for a remote consultation. Questions about my practice? Want to schedule an appointment? Simply click on the "Book Appointment" tab below. I look forward to working with you!”

b) from sites.google.com/naturehealsct.com/naturehealsct/acupuncture:

“Acupuncture. What is Acupuncture? Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Increasingly, it is being used for overall wellness along with numerous conditions (see chart below). Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as chi or qi (chee) — believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that

your energy flow will re-balance. Western practitioners view the acupuncture points as places to stimulate nerves, muscles and connective tissue. Some believe that this stimulation boosts your body's natural painkillers. How does Acupuncture affect the body? Acupuncture points are believed to stimulate the central nervous system. This, in turn, releases chemicals into the muscles, spinal cord, and brain. These biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well-being."

c) from sites.google.com/naturehealsct.com/naturehealsct/naturopathic-medicine:

"Naturopathic Medicine. What is Naturopathic Medicine? Naturopathic medicine is a distinct primary health care profession that combines the wisdom of nature with the rigors of modern science. Naturopathic physicians are trained as primary care providers who diagnose, treat and manage patients with acute and chronic conditions, while addressing disease and dysfunction at the level of body, mind and spirit. NDs concentrate on whole-patient wellness through health promotion and disease prevention, finding the underlying cause of the patient's condition. They provide individualized, evidence-informed therapies that balance the least harmful and most effective approaches to help facilitate the body's inherent ability to restore and maintain optimal health. Click here to learn more about Naturopathic Physicians [forwards to Fleming, S. A., & Gutknecht, N. C. (2010). Naturopathy and the primary care practice. *Primary Care*, *37*(1), 119–136. https://doi.org/10.1016/j.pop.2009.09.002."

d) from sites.google.com/naturehealsct.com/naturehealsct/servicesinsurance:

"Services/Insurance. Services: Acupuncture Botanical Medicine Chinese Medicine Facial Rejuvenation* Food Intolerance Testing Functional Medicine Testing Homeopathy Naturopathic Consultation and Evaluation Remote/Telehealth Consultations. *Facial rejuvenation is not covered by insurance. Insurance: Anthem/Blue Cross/Empire Cigna Connecticare (Medicare Advantage Only) HUSKY A, C, D United Healthcare VA Community Care Network. Many private health insurance companies will reimburse for my services upon submission of a detailed paid receipt after your visit. Please contact your insurance company for more information."

038. ND Gale Pages at threehareshealing.com

a) from threehareshealing.com/bio:

"Dr. Hannah Gale holds 4 post graduate degree including an MFA in Directing for the Theater from the University of Iowa; a Waldorf Teaching Certification from Arcturus Rudolf Steiner Education under Magda Lissau at the Chicago Waldorf School, an MS in Acupuncture, and an Doctorate in the Clinical Degree of Naturopathic Medicine., both from the University of Bridgeport. Born in Chicago to an Irish Catholic mother who had recently graduated from Rosemont College, a Catholic Women's College in PA, she was adopted, after being exchanged near the hospital where she was born between 2 taxis, by Orthodox Jewish parents where she was raised as their beloved daughter in Jewish Day Schools in Chicago. A talent

for performance led her, as a teenager, to the Bernard Horwich JCC Teen Footlighters, where she performed as Annie Sullivan in the Miracle Worker among other roles. After leaving the Ida Crown Jewish Academy and failing to achieve enrollment at several high schools, she began working at the Chicago Mercantile Exchange at the age of 17, where she was hired by Refco Inc,. and was promoted through the ranks to Arbitrage Clerk and Outtrade Clerk. Realizing that she needed an education to pursue goals, she entered Loyola University as a Theater Major to continue her original love for Drama and the Theater While a graduare [sic] student in Directing at the University of Iowa she began teaching several classes in order to fulfill her assistantship, and discovered a love for Oral Interpretation and adaptation. Her thesis was a production of an adaptation of “Camille” by Alexander Dumas fille, that presented a surreal vision of the corruption behind the AIDS epidemic. After working for the Museum of Science and Industry as an Education Specialist, she met her future husband in Bar Harbor, ME and began to pursue Waldorf Education as she developed her skills as a teacher and raised her son, Percy. After taking a class from 1st through 8th grade at the Housatonic Valley Waldorf School in Newtown CT, in 2010 she entered the University of Bridgeport to pursue a life long dream of studying Acupuncture, which was instrumental [sic] in restoring her health after a near=death from abdominal infection and peritonitis at 18 yrs of age. While studying her beloved Acupuncture and Traditional Chinese Medicine, she attended the Naturopathic Physician’s classes in Anatomy and Physiology and discovered that was an A student in these subjects, despite having only basic pre-requisites, this was immediately after discovering her biological famil [sic], which was comprised of many doctors and nurses (who knew?). This led her to complete the pre-requisites and matriculate in the Naturopathic School of Medicine at the University of Bridgeport, from which she graduated in 2017. In 2018 she began a residency at the Center for Naturopathic Medicine under Dr. Jonathan Raistrick and continued working there until Covid caused the clinic to shut down in 2020. She then began working at the Revive Center for Wellness in New Haven, CT, where she specialized in GI complaints and gave colonic irrigations, having been trained in this at The Center for Natural Medicine. She continued there until the clinic was forced to close in 2022. At that time her clinic, Three Hares Healing, was opened nearby in Westville, to maintain treatment for her New Haven patients, sharing the space with Dr. Tammy Alex, also from Revive Wellness Center. In addition to seeing patients at her Three Hares Healing Clinic in New Haven CT, she also practices acupuncture as a adjunct practitioner for Wheelhouse Wellness Center in Fairfield CT 2 days a week. Dr. Gale believes strongly in Naturopathic Medicine and Acupuncture as ways of healing that support the natural inclination of the body to heal itself.”

b) from threehareshealing.com:

“Why Three Hares? The Three Hares are an icon that appears in many contexts including: Chinese cave temples, Buddhist temples, medieval churches, mosques, and synagogues. The balanced rotation of the image is a visual puzzle, while the motif is thought to be related to the Holy Spirit as bringer of fertility and new life. The theme seems to represent life as a constant state of change in a peaceful

dynamic. It was chosen for this clinic to be an inclusive symbol for the many streams of mystical and spiritual wisdom united in the Trinity as the ultimate Healer and Renewer of Life. 506 Blake ST New Haven, CT 347-620-6825 drhannahgale@icloud.com Copyright © 2018 Dr. Hannah GaleThree Hares Healing. All rights reserved."

c) from threehareshealing.com/about:

"Westville feels like home. After joining Revive Wellness Center during the pandemic, I have made many friends and come to care for the patients in this community. Revive has provided excellent Naturopathic care to the community for many years and I hope to do my part in keeping up this tradition. Specializations include: GI Wellness Although I can no longer offer Colonic Hydrotherapy (we will all miss Revive), Stool tests and experience are used to find answers to gut health issues. I have has patients with issues they have had for years clear up with a few simple treatments. Health really does begin in the gut, and removing obstacles to cure can work magic. Fertility Support and Hormonal Balance Proximity to Yale has meant lots of opportunity to support future mamas undergoing treatment with acupuncture, and I am overjoyed at the successes I have seen. Hormones can be tricky and it is gratifying to help resolve issues and support changes in the many things that can go awry in the female body in these times. Mystery Illnesses A penchant for research and a tendency to draw inferences from patterns has given me opportunities to try and solve some complicated cases. And yes, several times it really has been sarcoidosis, but I have also helped patients with things like methylation and sulfation issues that were refractory to supplementation. Mood and Depression Homeopathy is something I believe in deeply, and I have been able to help some patients find the support they needed using this miraculous modality. It is not always a smooth road, but it is the one with the most lasting benefits."

d) from threehareshealing.com/what-is-naturopathic-medicine:

"What is Naturopathic Medicine? Dr. Hannah Gale. Life Force or the "Vis". Nature Healing is the idea that, as a part of Nature, inside you is the Vital Force of your Being. This Vital Force, called by the Latin term Vis, meaning "force" or "life force", is what is present in a living being and absent in something that is dead. It is what drives all of the metabolic processes of the body to seek homeostasis through: breathing, the beating heart, the nourishment of the body, and the elimination of waste. As long as we are alive, our Natural Life Force seeks for us what will allow us to continue living. It and it alone is what heals us when we are sick. Our post modern world is very divorced from Nature, and the corporations and advertisements that drive our current economy, and which seek to monetize all of Nature's resources, work hard to convince us that science has replaced Nature as the guardian of health and well-being. However, in its essence, science is simply the observation of Nature. Unfortunately, the mathematical models used to describe observations of Nature have proved susceptible to manipulations by the scientists and statisticians employed by profit seeking pharmaceutical and other health oriented corporations and we are left confused over what can be trusted in science and medicine. Naturopathic Medicine seeks to combine the best verifiable research

with clinical experience and the wisdom of medical history to provide treatments that are as minimally invasive and efficacious as possible. The 6 tenets of Naturopathic Medicine are: The Healing Power of Nature Trust in the body's inherent wisdom to heal itself. Identify and Treat the Causes Look beyond the symptoms to the underlying cause. First Do No Harm Utilize the most natural, least invasive and least toxic therapies. Doctor as Teacher Educate patients in the steps to achieving and maintaining health. Treat the Whole Person View the body as an integrated whole in all its physical and spiritual dimensions. Prevention Focus on overall health, wellness and disease prevention."

e) from threehareshealing.com/services:

"Naturopathic Medical Care - A Naturopathic Office visit consists of routine History taking and Physical Examination, similar to a visit to any Physicians office, but with more in depth interviewing with regard to diet, lifestyle, and other aspects of patient history. Labs may be ordered and records gathered from other medical care providers to all for as complete a picture of the patient's overall situation as possible. Additional tests, such as gene testing, or imaging (if necessary) may be suggested. The initial visit is, therefore, an investment for both the patient and the physician and establishes a relationship and goals for the patient's health and life goals. This visit is often split into 2 visits, so that the physician has time to gather information before suggesting a course of action. Treatment may involve several modalities, including: nutrients; nutraceuticals; botanicals; homeopathics; acupuncture; physical medicine (such as osteopathic adjustments or soft tissue manipulation); and/or medical exercises. No 2 treatment plans are alike, as no 2 people are alike. By its very nature, Naturopathic Medicine is highly individualized care. Acupuncture- Acupuncture only treatments are also available, where only Chinese Medicine principles are used for diagnosis and treatment."

f) from threehareshealing.com/blog/2021/2/10/covid-tongue-is-tcm-damp-pathogen-tongue:

"Covid Tongue is TCM Damp Pathogen Tongue. February 10, 2021. Traditional Chinese Medicine uses "Tongue Diagnosis" as one of the main tools in determining a patient's condition, "Bian Bing" and the circumstances behind this "Bian Zheng". A "Damp Pathogen" tongue is swollen and has teeth marks on the lateral edges. Extreme Dampness manifests a Phlegm. In order for a patient to contract an external "Damp Pathogen", such as is considered to sometimes be contiguous with the modern class of pathogens we term "Viral", it is assumed that there is some form of corresponding inner dampness. In TCM, the organ called the "Spleen" is responsible for transforming the dampness in the body, which is partially seen as toxicity from unassimilated food. The "Spleen" in Traditional Chinese Medicine is also seen as the organ responsible for maintaining a healthy level of energy at the surface of the body that shields the body against external forces and pathogens. The phenomenon now being called "Covid Tongue" was first noticed by TCM practitioners who were involved in treatment of the first group of Covid patients in early 2020 in China."

039. ND Miles Pages at drhannibalmiles.com

a) from drhannibalmiles.com/about:

“Dr. Hannibal Miles ND MS CNS. With experience in both conventional and alternative modalities, Dr. Miles brings both his passion and expertise to the appointment, empowering you to achieve great health & live the life that was meant for you! Dr. Miles completed his undergraduate studies at Washington & Jefferson College, achieving a B.A in Business Administration with minors in Chemistry and Spanish as well as completing the pre-health track. Though originally on the path towards a traditional medical education, he found his passion in natural, holistic, and preventative forms of medical care. He went on to attend the University of Bridgeport College of Naturopathic Medicine. There, he graduated Magna Cum Laude with a Doctorate degree in Naturopathic Medicine and Masters in Human Nutrition. His thesis entitled “Breakfast may not be the most important meal of the day: The Benefits of Intermittent Fasting on Health, Exercise, and Muscle Growth” was accepted in the university’s Faculty Research Day in 2018. He is a strong proponent of intermittent fasting as well as the popular Fasting Mimicking Diet. As a Certified Nutrition Specialist, Dr. Miles seeks to guide individuals in appropriate specific diet plans tailored to their needs, fasting regimens, and other dietary changes that will provide a lasting impact in one’s health. He looks at and corrects vitamin, mineral, and dietary deficiencies that is often overlooked by other health professionals. Dr. Miles specializes in detox, weight loss, longevity, cancer prevention and alternative therapies to boost immune system against cancer. He uses an integrative and holistic approach in treating these and many other ailments including high cholesterol, hypertension, Type II diabetes, allergies, gastrointestinal issues, and autoimmunity. By employing an integrative and holistic approach involving detox, diet/nutrition, and many different modalities, Dr. Miles is able to get to the root cause of illness in order to elevate health and well-being. In addition to working at Attracting Wellness, Dr. Miles also works concurrently with Dr. Patrick Fratellone MD at Fratellone Medical Associates in NY. Dr. Miles is IV certified. He enjoys acting in his free time and is a member of the SAGAFTRA professional actors union.”

b) from drhannibalmiles.com:

“Dr. Hannibal Miles. A healthy person consists of balance between their physical, mental, and spiritual components. One can make remarkable improvements to their well-being.at any stage of life. Let’s take YOUR health to the next level! .My Vitamin Score Test. Take Test. MyVitaminScore is a systematic way of surveying your unique symptoms, to discover the root nutritional causes. Since symptoms can show up after just 5 days of inadequate intake, this method will detect deficiencies long before they show up on laboratory tests, if at all. MyVitaminScore relies on questions that ask each person about his/ her bodily complaints. These complaints are vague symptoms that seemingly have no explanation but result from vitamin deficiencies.”

c) from drhannibalmiles.com/myvitaminscore:

“My Vitamin Score. MyVitaminScore is the World’s most comprehensive nutrient test, providing detailed information for 25 vitamins, minerals and other essential

nutrients. Your personalized report, allows you to quickly see which vitamins and minerals are imbalanced within your body. It is the most comprehensive non-invasive vitamin testing so you can uncover subclinical vitamin and mineral deficiencies before they show up on laboratory tests. The best part is, you get results in under 10 minutes! USE CODE: DRMILES for 15% off! (Reg: $39). Take Test! Every year, billions of dollars are spent on vitamins and minerals, yet deficiency statistics show no significant improvement. Access to vitamins has reached an all-time high, yet inadequate intake remains prevalent. How would this be possible if we truly knew what we needed? Numerous studies indicate that the general population possesses limited awareness regarding their vitamin needs. Surveys conducted among diverse groups consistently reveal a lack of knowledge and confusion surrounding essential nutrients. People are unaware of which vitamins they require and the health detriments associated with lacking them. This ignorance poses a significant barrier to achieving optimal health. MyVitaminScore uses the latest technology paired with years of research and clinical data to provide a systematic array of symptoms definitively proven to be related to vitamin and mineral inadequacy. Every sign and symptom in the test is documented in a study, clinical literature, or authoritative text yielding the best non-invasive personal assessment. While MyVitaminScore is not a diagnostic tool, it does not need to be. It provides users with a consistent and reliable way to understand which vitamins they need rather than relying on guesswork. This is a great resource to have before your initial appointment with myself or any integrative health care practitioner. USE CODE: DRMILES for 15% off! (Reg: $39).”

d) from drhannibalmiles.com/services-what-to-expect:

“Services & What To Expect. Naturopathic Appointment. Your complete and thorough evaluation starts today. Nutrition Consult. Your nutrition is the foundation of good health. With many different diets and fasting plans out there finding one tailored to your health goals can be challenging. Whether you need a complete overhaul or just want to fine tune a good foundation. Let's get you on the right track. Cancer Prevention, Treatment, & Remission. Why wait for the diagnosis? With limitations in traditional screening methods and a consistency in late findings we strive to focus on prevention. Tests and markers that can exposes signs of cancer years before anything is detected on a scan. Along with a naturopathic evaluation that focuses on limiting cancer promoting elements. For those in remission, we don't watch and wait, we prepare and revitalize. And for those currently battling the disease: We will work with your oncologist to give you the support you need in eradicating the disease and restoring your health. PRICE &INSURANCE INFO. Telemedicine now available! We are excited to offer both phone and video consults to patients! If you are unable to come to Connecticut or New York location we offer Telemedicine consultations! Although we cannot diagnose or treat unless you come to the clinic in person we are still able to complete a thorough intake and create recommendations for you to consider and discuss with your physician. We will use all reasonable means to protect the security and confidentiality of information sent and received in this video appointment. Before you avail of our telemedicine services, please be aware of the following: Video

Consults. We assure you that the platform we use through Doxy – is peer-to-peer, so no information (audio or video) is being recorded or remains on the servers, and therefore cannot be stolen by a 3rd party. The AV capabilities supplied by Doxy is in compliance with all HIPAA regulations. If you prefer a video consult you will be sent a link in order for our appointment to be in compliance with HIPAA regulations. FB Messenger, Zoom or Skype cannot be used as the line is not secure and confidential. Phone Consults 1 on 1 phone consults are also available upon request."

e) from drhannibalmiles.com/prolon-store:

"What is Prolon? My research and study of intermittent fasting for overall health benefits and weight loss led me to take a dive into Prolon: The Fasting Mimicking Diet. Over the past few months, I've heard from some of my patients about their struggles with fad diets and their feelings of frustration around staying healthy with such busy lives. To each of you, you are not alone! Many of my patients have found success with intermittent fasting, however some patients prefer having everything completely laid out as opposed to having to regulate calories on their own or feeling like they are starving to generate substantial health benefits. Based on published research, the average person diets 4x per year. In most cases, unfortunately, these efforts do not create sustainable long-term results. Those who know me know I am a sucker for quality research. This is why I'm so excited to share more details about a 5-day meal program that is backed by 20 years and $36 Million in research and development. It's called ProLon®—the world's first and only "Fasting Mimicking Diet®." ProLon was developed to give you the benefits of a prolonged fast. It has been shown to: Reduce stubborn belly fat while maintaining lean body mass. Initiate cellular clean up (autophagy). Help maintain healthy levels of metabolic markers. And more…all without giving up food! These benefits are great! And all of them can be achieved with just one round of Prolon. However, the moneymaker isn't what happens during the fast. What I find very beneficial to patients is that the improved metabolism ascertained when completing 3 rounds of Prolon remains long after the fast is complete without regards to diet or timing of food intake. Fasting and Prolon can improve many cardiovascular conditions, diabetes, obesity, autoimmune issues, and many more illnesses. There are many factors that play a role in your success with fasting. If you're interested in learning more, call or click on the link to schedule a private consultation. Also, don't forget to join our private Facebook group where you can get free additional tips, ask questions, get discounts, and get support from current fasters and those interested in fasting and complete nutritional wellness! Sincerely, Dr. Miles."

040. ND Ofgang Pages at hahnemannhealth.com

a) from hahnemannhealth.com/our-team:

"DR. HARRY OFGANG, ND. Classical Homeopathy, Naturopathy. Author of "The Good Vices: From Beer to Sex, the Surprising Truth About What's Actually Good for You". Harold M. Ofgang N.D. is a Magna Cum Laude graduate of the Queens College of the City University of New York and a graduate of the National College of Naturopathic Medicine, a leading fully accredited four year Naturopathic Medical School. Dr. Ofgang has over 35 years of experience, practicing, teaching and writing about

Classical Homeopathy and Naturopathic medicine. He has completed the post graduate course for Doctors with the International Foundation for Homeopathy, and has trained extensively with world renowned Classical Homeopathic teacher and author George Vithoulkas, founder of the Athenian School of Homeopathic Medicine. He has also worked, taught and trained with Argentina's renowned Homeopathic physician and educator, Professore Francisco Eizayaga, and is certified by HHFA in Homeopathy. Dr. Ofgang is fully licensed as a naturopathic physician in Connecticut, Arizona and Oregon and is a member of the American Association of Naturopathic Physicians, the Connecticut Society of Naturopathic Physicians, The International Foundation for Homeopathy, The National Center for Homeopathy, Hahnemann Homeopathic Foundation of America, AzNMA and NYANP. He is Director of Education and Naturopathic Therapeutics at Hahnemann Health Associates and practices Naturopathic Medicine and Classical Homeopathy in Connecticut where he lives with his wife and four children."

b) hahnemannhealth.com/about:

"Safe-Effective-Natural Health Restored Quickly and Naturally. WHAT IS HOMEOPATHY? The highly sophisticated science of homeopathic medicine treats people through the use of safe, natural remedies that stimulate the individual's own healing processes while avoiding potentially harmful side effects. Homeopathy was established in the early 1800's by the German physician Dr. Samuel Hahnemann. After 20 years of observation, reasoning and experimentation, Dr. Hahnemann had come to the conclusion that there was a balancing mechanism in man which kept him in optimum health in spite of all the stress in life whether physical, psychological, or environmental, provided that the stresses were not too great or prolonged, or the balancing mechanism itself was not impaired. But if the stress were too great or the defense mechanism or immune system were impaired, signs, sensations and symptoms to the individual would follow. Homeopathic medicine seeks to balance the immune system and defense mechanism so that health is restored quickly and naturally. Historical & Contemporary Supporters of Naturopathic Medicine Include: Mark Twain Harriet Beecher Stowe Daniel Webster Henry Wadsworth Longfellow Samuel F.B. Morse Mahatma Ghandi Mother Teresa Pat Reilly, basketball coach Tina Turner. England's Royal Family. WHAT PEOPLE SAY. "Homeopathy... cures a larger percentage of cases than any other method of treatment and it is beyond alt doubt safer and more economical and the most complete medical science." -Mahatma Ghandi."

c) from hahnemannhealth.com/contact-us:

"FAMILY HEALTHCARE. HOMEOPATHY. NATUROPATHY. US Health Info Shop PHONE NY - (212) 684-229 CT - (203) 798-0533 ADDRESS […] Dr. Harry Ofgang ND 57 North St. Suite 323, Danbury CT 06810."

041. ND Ahn Pages at drjamieahn.com

a) from drjamieahn.com/dr-jamie-ahn:

“Meet Dr. Jamie Ahn. Dr. Jamie Ahn is a Board Certified Naturopathic Physician in Norwalk, Connecticut, specializing in the treatment of neurodegenerative diseases like ALS, MS, dementia, Parkinson’s, and toxin-related conditions with the helps of Naturopathic and Functional Medicine approaches. Her proven approach is rooted in comprehensive lab testing that go deep into uncovering the toxicities and deficiencies contributing to these complex diseases. Dr. Ahn believes in looking at the whole picture—your body, diet, lifestyle, and emotional well-being—to find effective, holistic treatments. Patients working with Dr. Ahn can expect a thorough evaluation process, including individualized specialty testing to pinpoint the root causes of their health issues. By leveraging scientific data, she customizes all her treatments to accelerate healing and provide sustainable, long-term relief. Her services include nutritional guidance, functional medicine, and acupuncture, all aimed at restoring balance to the body and mind. Dr. Ahn also has a deep commitment to supporting mental health, offering care for conditions like anxiety, depression, ADHD, and more. She believes in addressing these challenges holistically, understanding that mental and physical health are intricately connected. New patients are asked to complete a HIPAA compliant questionnaire on Dr. Ahn’s fully secure patient portal. She also encourages you to share any other tests and health information you may have. She reviews all submitted health information at no charge before your first visit, making sure you receive a personalized and thorough approach from the start. Dr. Ahn is dedicated to helping you take the right steps towards a healthier, more balanced life. Dr. Jamie Ahn graduated magna cum laude from the University of Bridgeport College of Naturopathic Medicine and holds a B.S. in Biology from Ramapo College in New Jersey. Schedule Your Appointment Today! For more information or to schedule an appointment, click here or call 203.450.6463.”

b) from drjamieahn.com:

“Norwalk's Naturopathic Doctor, Dr. Jamie Ahn. Dr. Jamie Ahn, ND is a Board Certified Naturopathic Physician based in Norwalk, Connecticut. She specializes in neurodegenerative diseases like Parkinson’s and mild cases of ALS but is dedicated to treating the whole spectrum of health conditions. With a holistic approach rooted in Naturopathic and Functional Medicine, Dr. Ahn addresses the root causes of a variety of issues, including high success rates for treating acne, infertility, sleep problems, gut health, anxiety, depression, chronic pain, and complex health concerns. Get to the Root. We focus on identifying and addressing the root causes of neurological & complex conditions. Personalized Approach. Your health journey is unique, and we provide tailored care to meet your needs. Comprehensive Testing. Our functional lab tests provide a deeper understanding of your body’s needs. Holistic Strategies. We use natural, evidence-based methods to support your body’s healing process. Specialized Care for Neurodegenerative Diseases in Norwalk, Connecticut. At our clinic, we focus on empowering individuals with recently diagnosed ALS, Parkinson’s, and other neurodegenerative conditions to take immediate action while symptoms are still mild. This is a crucial time to address underlying imbalances that contribute to disease progression. Our approach extends beyond just managing symptoms; we are committed to uncovering the root

cause of your health challenges through comprehensive functional lab testing. This testing is required for all our patients, allowing us to delve deeply into what's occurring at a cellular level. It's often that neurodegenerative diseases and other complex health conditions can link back to factors like heavy metal toxicity, mold exposure, and nutritional deficiencies. Our goal is to not only understand these intricacies but to use them to craft a personalized treatment plan just for you. Your body, diet, and lifestyle are all interconnected. If you're feeling exhausted from being shuffled through the medical system, losing hope after years of seeking answers, or if you're simply looking for a new approach to your neurodegenerative & chronic health issues, you've come to the right place. Schedule a Call Today! We'd Be a Great Fit If You: If you're tired of temporary fixes for conditions like ALS, MS, or Parkinson's and want deep, root-cause resolutions. If you're frustrated with not getting relief from acne, infertility, sleep problems, gut issues, anxiety, depression, or random pain issues. Suspect environmental toxins like heavy metals or mold are impacting your health. Don't know who else to turn to for help. Desperately want answers to find the root cause of your complex and complicated illness. Are open to a holistic approach to health, wellness, and healing and want to feel empowered during your healing journey. We Understand That Navigating Health Can Be Overwhelming. Managing neurological conditions like ALS, MS, dementia, or Parkinson's or other complex health conditions can feel daunting, especially when conventional approaches fall short. At our clinic, we take the guesswork out of your health journey by offering clear, actionable steps tailored to your unique needs. We offer comprehensive testing and personalized care to help you take back control of your health. Whether you're looking for root-cause solutions or holistic strategies, we're here to guide you every step of the way. How to Get Started. Taking the first step towards healing can feel overwhelming, but we've made the process simple and straightforward. Here's how you can get started with us: 1. Schedule an Appointment Schedule your eye-opening appointment with Dr. Ahn to begin discussing your health concerns and goals. 2. Personalized Testing We conduct comprehensive tests to uncover the root causes of your symptoms. 3. Supplements & Support Receive personalized supplement recommendations and ongoing support for your healing journey."

c) from drjamieahn.com/conditions:

"Conditions We Treat. If you've been recently diagnosed with a neurological condition like ALS or Parkinson's, now is the time to take action. Early intervention is key, and Dr. Jamie Ahn specializes in treating recently diagnosed neurological conditions, focusing on those with mild to moderate symptoms. Dr. Ahn's comprehensive approach aims to slow disease progression, improve cognitive and physical function, and enhance your overall quality of life. By using advanced scientific testing, Dr. Ahn uncovers the root causes of your condition and provides personalized, holistic treatments. Targeting the Root Cause Early for Optimal Relief. For patients experiencing mild symptoms or those who have recently received a diagnosis, taking action now can make a significant difference. Dr. Ahn uses a range of integrative therapies and testing to address the underlying causes of these conditions, helping you find relief and build resilience before symptoms become

severe. Dr. Ahn can also help with other toxin-related and complex conditions that impact neurological function. In addition to treating neurological conditions, Dr. Ahn supports patients with related conditions such as anxiety and depression. She recognizes the critical connection between mental health and neurological decline, ensuring both your body and mind receive the care they need. Conditions Treated by Dr. Ahn. Dr. Ahn provides care for a wide range of conditions that may be connected to neurological decline, including: FATIGUE / STRESS. Chronic Fatigue Syndrome Fibromyalgia (Chronic Pain Syndrome) Brain Fog Stress Management Chronic Muscular-Tendon/Ligament Pain Anemia Adrenal Fatigue (Burn Out Syndrome) Stress-Induced Seizure (Epilepsy) DIGESTIVE PROBLEMS Acid Reflux (GERD) Leaky Gut / Leaky Brain Pediatric Colic / Reflux SIBO/ SIFO IBS IBD Indigestion Constipation Diarrhea Frequent Kidney Stones Frequent UTI Food Allergy and Sensitivity Chronic Sinusitis Histamine Salicylate Oxalate Phenol Night Shades Sensitivities Candida O vergrowth/ Parasite Infections. AUTOIMMUNE DISORDERS: Rheumatoid Arthritis Osteo-Arthritis Gout Eczema/Psoriasis Vitiligo Fibromyalgia Ankylosing Spondylitis Mast Cell Activation POTS Multiple Sclerosis SLE (LUPUS) Sjogren's Syndrome Thyroid Dysfunction (Hashimoto's / Graves' Disease). GENETIC COUNSELING Detoxification Issues Methylation Issues Neurotransmitter Imbalance Tendencies Pyroluria. MENTAL HEALTH: Depression Seasonal Affective Disorder Pyroluria Anxiety Panic Attacks OCD Anger Management Disorder Sudden Personality Change Autism ADD ADHD ODD Tics Tourette Syndrome Absence Seizure (Epilepsy) Schizophrenia Hallucinations Delusions Eating Disorder Anorexia Bulimia Histamine Imbalance - Frequent Hives Rash Swelling NEURODEGENERATIVE DISEASE: Amyotrophic lateral sclerosis (ALS, Lou Gehrig's disease) Parkinson's disease Alzheimer’s disease Multiple Sclerosis and any other mysterious neurodegenerative diseases. HORMONE IMBALANCES: Acne Stress Hormone (Cortisol) Imbalances Adrenal Fatigue Infertility or frequent Miscarriages PMS Pre/Post Menopause Andropause (Male Menopause) PCOS (Polycystic Ovarian Syndrome) Post Birth Control Pill (Acne, Hair Loss, Irregular Period, etc.). DETOXIFICATION/ANTI-AGING: Heavy Metal Toxicity Mold Mycotoxin Toxicity Chemical Sensitivity Anti-oxidant Level Testing. “

d) from drjamieahn.com/supplements:

“All patients of GNNC, will have 10 % discount on all nutritional supplements prescribed by Dr. Ahn from the following online dispensary. Most Health Savings Accounts and Flex Accounts cover the supplements prescribed by us.”

e) from drjamieahn.com/faqs:

“What is a Naturopathic Doctor? As a naturopathic doctor, I’m here to support your body’s natural ability to heal and function optimally, but I approach this with a strict focus on science and results. Unlike some naturopathic practitioners, I do not use herbs, organic teas, or plant-based supplements. My approach is centered on two key areas: optimizing nutrition and detoxifying harmful toxins from your body. So, what exactly is a naturopathic doctor? A naturopathic doctor combines the wisdom of natural healing with the rigor of modern science. We look at the whole person, identifying and removing barriers to your health, and creating a healing

environment both inside and out. But in my practice, this means focusing specifically on addressing toxicities like heavy metals, mold, and infection-related toxins, and correcting nutritional deficiencies that might be contributing to your condition. My practice is particularly focused on helping individuals with neurodegenerative diseases such as ALS, MS, dementia, and Parkinson's, as well as those suffering from toxin-related conditions, anxiety, and depression. I believe in getting to the root of your health issues through comprehensive testing, which is not optional in my care—it's a critical part of how we get the detailed insights needed to craft an effective, personalized treatment plan. If you're dealing with complex health challenges and are ready for a no-nonsense, science-driven approach, I'm here to help you detoxify, nourish, and take control of your health. Together, we'll work to create a plan that's tailored to your specific needs, giving you the best chance at improving your quality of life. What training do Naturopathic Doctors receive? Naturopathic doctors (NDs) undergo extensive training, beginning with the completion of a four-year undergraduate degree. This is followed by four years at one of the accredited naturopathic medical schools. I graduated magna cum laude from the University of Bridgeport College of Naturopathic Medicine and hold a B.S. in Biology from Ramapo College in New Jersey. A naturopathic medical education includes comprehensive studies in basic medical sciences, clinical medical sciences, naturopathic principles and therapeutics, and more than 1,500 hours of supervised clinical experience. Similar to MDs and DOs, NDs must pass a rigorous board examination known as NPLEX (Naturopathic Physicians Licensing Examinations). Part one of NPLEX is taken after the completion of the second year and covers biomedical sciences, while part two, taken after graduation, tests clinical skills and knowledge. Successfully passing both parts leads to licensure as a Doctor of Naturopathic Medicine (ND). What can I expect on my first visit to a Naturopathic Clinic? I focus on uncovering the root causes of your chronic health issues, particularly neurodegenerative diseases like ALS, MS, dementia, Parkinson's, and toxin-related conditions. My approach is thorough and personalized, which is why extensive testing is a non-negotiable part of my process. You must undergo testing to be my patient because it's the only way we can get a precise understanding of what's truly affecting your health. These tests allow us to identify hidden toxicities—such as heavy metals, mold, and infection-related toxins—as well as nutritional deficiencies that may be contributing to your condition. Before your first appointment, I take the time to do a deep dive into your health history at no charge. This helps me gain a comprehensive understanding of your background and the factors that might be impacting your health, so we can hit the ground running when we meet. My goal is to provide you with a treatment plan that's tailored specifically to your needs, addressing both toxicity and nutritional imbalances to help you achieve the best possible outcomes. What is Acupuncture? Acupuncture is a therapeutic practice that involves the precise insertion of very thin needles into specific points on the body, known as meridians. These meridians are pathways through which the body's energy, or "Qi" (pronounced "chee"), flows. By stimulating these points, acupuncture can directly influence the body's electrical and energetic systems, promoting balance and healing. When it comes to neurodegenerative diseases such as ALS, MS, dementia, and Parkinson's, acupuncture can be a powerful complementary therapy. Neurodegenerative

conditions often involve disruptions in the nervous system, leading to symptoms like muscle weakness, tremors, cognitive decline, and chronic pain. Acupuncture works by helping to restore the body's natural energy flow, which can improve nerve function, reduce inflammation, and alleviate pain. In addition, acupuncture has been shown to help manage symptoms related to these conditions, such as anxiety, depression, and insomnia. By targeting specific points that influence the brain and nervous system, acupuncture can enhance overall well-being, improve quality of life, and provide relief from some of the debilitating symptoms associated with neurodegenerative diseases. While acupuncture is not a cure for neurodegenerative conditions, it can be an important part of a holistic treatment plan aimed at managing symptoms and slowing down the progression of the disease. When used alongside other treatments, acupuncture can help you achieve better physical and emotional balance, supporting your body's natural healing processes. How does Acupuncture Work? Acupuncture works by tapping into the body's natural ability to heal and regulate itself. When acupuncture needles are inserted into specific points on your body, they stimulate processes that can improve blood flow and create beneficial electrical charges in your tissues. One key aspect of how acupuncture works is related to nitric oxide (NO), a molecule that helps dilate, or widen, your blood vessels. This increased blood flow can bring more oxygen and nutrients to your tissues, promoting healing and reducing inflammation. Additionally, the pressure from the needles can create something called piezoelectricity—a type of electrical charge generated by pressure on certain tissues like bone and collagen. This charge helps regulate cellular processes and supports tissue repair. These effects can be particularly beneficial for people dealing with neurodegenerative diseases like ALS, MS, dementia, and Parkinson's. By improving circulation, enhancing the immune system, and promoting tissue healing, acupuncture can help manage symptoms, reduce pain, and support overall well-being. It's a natural way to help your body work better and feel better, especially when used as part of a comprehensive treatment plan. Does Acupuncture Hurt? Acupuncture involves inserting very thin needles into specific points on the body, and while some points can be more sensitive than others, the sensation is usually not what most people would describe as painful. Instead, you might feel a mild pressure, tingling, or an electric-like sensation. This is because most of the pain receptors are located in the skin, and the acupuncture needle quickly passes through the skin to reach deeper pressure receptors, which are less sensitive to pain. You might also experience sensations of warmth or coolness around the area where the needle is inserted. These are normal responses and part of the body's natural reaction to the treatment. It's important to remember that everyone's perception of pain is different. Some people find acupuncture to be a deeply relaxing experience, while others might feel the needle sensation a bit more strongly. In Chinese hospitals, patients often request stronger stimulation during acupuncture, while in North American clinics, people might prefer a gentler approach. I always adjust the treatment to your comfort level, ensuring that the experience is as pleasant and effective as possible. How many sessions will I need? How do I tell if it's working? The number of acupuncture sessions you'll need really depends on your specific condition and how your body responds to treatment. For some, noticeable improvements can happen after just a few sessions, especially if

the issue is relatively recent or mild. However, for chronic conditions or more complex health issues, such as neurodegenerative diseases like ALS, MS, dementia, or Parkinson’s, a longer course of treatment may be necessary to achieve the best results. Typically, I recommend starting with a series of treatments, often once or twice a week, and then reassessing your progress. As we see how your body responds, we can adjust the frequency and duration of your sessions. Some patients may continue with regular treatments over a longer period to maintain their progress and support ongoing wellness. Ultimately, my goal is to create a treatment plan that’s tailored to your unique needs, helping you achieve the best possible outcomes in a way that feels manageable and supportive for you. You’ll know acupuncture is working by paying attention to the changes in how you feel, both physically and emotionally. Some signs that treatment is effective include: Symptom Relief: You may notice a reduction in the symptoms that brought you in for treatment, whether it’s less pain, improved mobility, better sleep, or reduced anxiety. Even small changes can be a good indicator that your body is responding. Increased Energy and Well-being: Many patients report feeling more energized, relaxed, and balanced after their sessions. If you start to feel more like yourself and notice an overall sense of well-being, it’s a sign that acupuncture is supporting your health. Improved Function: Whether it’s better digestion, clearer thinking, or enhanced mood, improvements in everyday functions can indicate that your treatment is on the right track. Gradual Progress: Acupuncture often works cumulatively, meaning that the benefits build over time. If you notice consistent, gradual improvements, it’s a good sign that your body is healing and responding well to the treatment. It’s important to communicate with me about what you’re experiencing, both positive changes and any concerns. This helps us fine-tune your treatment plan to ensure you’re getting the most out of your sessions. Remember, everyone’s healing journey is different, and noticing even subtle shifts can be a strong indication that the acupuncture is working for you […] Do I have to purchase the nutritional supplements only from your e-Dispensaries or can I buy them myself online or from somewhere else? While you are not required to purchase the products we recommend from our e-Dispensary, the majority of the supplements we recommend as part of our protocols are available through companies such as as e-Dispensary on our website. At the end of each consultation, if Dr.Ahn finds any need for nutritional supplements, she will send the prescription to the e-Dispensary, and it will be ready for you. This not only simplifies your ordering/re-ordering process but is also a safe choice. We strongly recommend that you DO NOT purchase your supplements from online sources such as amazon.com and ebay. There have been too many documented cases of individuals receiving cheap, counterfeit supplements through Amazon and eBay. To ensure that you are getting the right, high quality nutrients, we only recommend purchasing supplements directly from the manufacturers themselves, from certified distributors, or from companies that purchase from certified distributors. Please watch the following news clip about counterfeit supplements products: [link] “Bogus” Herbal Supplements Fail Ingredient Test Investigation.”

f) from drjamieahn.com/gpl-tox-profile-toxic-non-chemical-metals-great-plains-laboratory-inc:

“(Toxic Non-Chemical Metals) (Mosaic Diagnostics). The ToxDetect Profile is a vital tool in uncovering your exposure to environmental pollutants that are linked to a wide range of serious health conditions, including neurodegenerative diseases like ALS, MS, dementia, and Parkinson’s, Alzheimer’s disease as well as cancer, heart disease, chronic fatigue syndrome, chemical sensitivity, autism spectrum disorders, ADD/AD(H)D, and autoimmune disorders. If you’re navigating the challenges of these conditions, this test can provide crucial insights into how toxic chemicals may be affecting your health and contributing to your symptoms. Dr. Ahn recommends the ToxDetect Profile because it allows you to take a proactive step in understanding the environmental factors that could be worsening your condition. The test screens for the presence of 172 different toxic chemicals, including organophosphate pesticides, phthalates, benzene, xylene, vinyl chloride, pyrethroid insecticides, acrylamide, perchlorate, diphenyl phosphate, ethylene oxide, acrylonitrile, and many others. These substances are found in everyday products and the environment, and over time, they can accumulate in your body, leading to chronic inflammation, oxidative stress, and neurological damage. Taking the test is simple and can be done in the comfort of your own home. You just need to provide a urine sample in the vial provided, and the test will analyze it for these toxic chemicals. The results can reveal whether your exposure to these pollutants is contributing to the progression of neurodegenerative diseases or exacerbating your symptoms, such as muscle weakness, cognitive decline, and chronic fatigue. Understanding your toxic load is crucial for managing neurodegenerative diseases. Once the test identifies which toxins are present in your body, Dr. Ahn can help you develop a personalized detoxification plan. This plan may include dietary changes, supplements, and lifestyle adjustments aimed at supporting your body’s natural ability to eliminate toxins and protect your nervous system from further damage. By addressing these environmental toxins, you’re not just managing your condition—you’re taking a significant step toward improving your overall health and well-being. Reducing your body’s toxic burden can help alleviate some of the debilitating symptoms associated with neurodegenerative diseases, potentially slowing disease progression and enhancing your quality of life. Dr. Ahn’s approach is always compassionate and tailored to your unique needs. She understands the complexities of living with a neurodegenerative disease and is dedicated to helping you find relief by tackling the root causes of your symptoms. The ToxDetect Profile is an empowering tool that can provide you with the knowledge you need to make informed decisions about your health and take control of your future.”

g) from drjamieahn.com/hair-analysis-test-heavy-metal-mineral-test:

“Hair Analysis Test (Heavy Metal + Mineral) Test. The Hair Analysis Test is a powerful way to uncover if you’ve been recently or continuously exposed to potentially toxic metals that might be affecting your health. For those living with neurodegenerative diseases like ALS, MS, dementia, or Parkinson’s or Alzheimer’s, this test can provide valuable insights into how these toxins may be contributing to your symptoms and overall condition. Dr. Ahn often recommends the Hair Analysis Test to individuals who have been exposed to toxic elements, whether through environmental factors, excessive fish consumption, or even certain lifestyle habits.

This test is especially useful for anyone experiencing unexplained symptoms such as alopecia, depression, chronic fatigue, hypertension, kidney issues, impotence, or vision problems—conditions that can sometimes be linked to toxic metal exposure. The process of testing is simple and non-invasive. You just need to provide a small sample of hair, about 0.25 grams, which is ideal for detecting recent and ongoing exposure to elements like arsenic, aluminum, cadmium, lead, antimony, and mercury. Hair is particularly effective for this kind of analysis because it can reveal a timeline of exposure, offering a clear picture of what might be contributing to your health challenges. The results of the Hair Analysis Test will give you detailed information on your levels of exposure to various metals, including not only the commonly known toxins like aluminum, arsenic, and mercury, but also elements like copper, iodine, iron, lithium, magnesium, nickel, and even uranium. This comprehensive analysis can help you and Dr. Ahn understand whether toxic metals are playing a role in the progression of neurodegenerative diseases or worsening symptoms like cognitive decline, muscle weakness, or fatigue. With these insights, Dr. Ahn can work with you to develop a targeted plan to reduce your exposure and support your body's detoxification processes. This might involve dietary changes, supplements, or other interventions aimed at helping your body eliminate these harmful metals and reduce their impact on your neurological health. The Hair Analysis Test is more than just a diagnostic tool—it's a step toward taking control of your health in a way that's both proactive and informed. Dr. Ahn is here to guide you through this process with empathy and expertise, helping you uncover hidden contributors to your symptoms and empowering you to make meaningful changes that could improve your quality of life. Whether you're seeking answers for unexplained health issues or looking to manage a neurodegenerative disease more effectively, this test can be an important part of your journey to better health."

h) from drjamieahn.com/urine-toxic-and-elements-test-heavy-metal-mineral:

"Urine Toxic and Elements Test (Heavy Metal + Mineral). The Urine Toxic and Elements Test evaluates your exposure to potentially toxic elements and wasting of nutrient elements. Dr. Ahn recommends this test to many patients because chronic, low-level exposure to toxic metals can result in significant retention in the body leading to poor health and chronic disease. This test is used to help diagnose and treat toxic element exposure, Alopecia, bone density, cardiovascular disease, depression, dermatitis or poor wound healing, detoxification therapy, fatigue, gastrointestinal symptoms, hypertension, immune function, impaired glucose tolerance, inflammation, kidney function, nutritional deficiencies, and Parkinson's-like symptoms. To take the test, simply follow Dr. Ahn's collection instructions. Then mail the specimen vial to the lab in the courier envelope provided."

i) from drjamieahn.com/patient-resources:

"PATIENT RESOURCES. Diet and Nutrition. – My Fitness Pal – A calorie counter app that keeps track of your diet and exercise, helping you lose weight in a healthy way. – Green Med Info – Contains up-to-date research information on green medicine. – Natural Medicine (formerly Natural Standard) – Comprehensive natural medicine database. – Weston A Price Foundation – Low Oxalate Diet – USDA National

Agricultural Library. Toxins: – US National Library of Medicine Environmental Health Map – Map to explore toxic chemicals in your community. – Environmental Working Group – Nonprofit website providing consumer guides with environmental health concerns. Genetic Testings: – 23 and Me – Explore your genetics and understand what your DNA says about your health, traits, and ancestry. – Livewello – Generates variance and health reports from genetic raw data. – METFR.net – Expert resources on MTHFR mutations. Functional Medicine Testings: – Genova's Diagnostics – Spectra Cells Laboratories – Precision Analytical Inc – Great Plains Laboratories – ZRT Laboratories. About Naturopathic and Functional Medicine – Institute of Functional Medicine – American Academy of Environmental Medicine – AANP – American Association of Naturopathic Physicians – CNPA – Connecticut Naturopathic Physicians Association."

042. ND Fuqua Pages at wellnesspointmedicine.com

a) from wellnesspointmedicine.com:

"Wellness Point Medicine Book An Appointment Empowering Your Journey to Wellness Our goal at Wellness Point Medicine is to empower people to take control of their health. Offering a unique blend of eastern and western holistic medicines to help people achieve their best health, we strive to provide excellent medical care to all our patients, in a compassionate, safe setting. Our goal is to make you feel better as quickly as possible LEARN MORE Services we Offer Naturopathic Medicine: A Science-Informed, Whole-Person Approach Acupuncture Moxibustion Maya Abdominal Therapy Cupping Therapy Tuina Cold Laser Therapy (Low-Level Laser Therapy / Photobiomodulation)."

b) from wellnesspointmedicine.com/about:

"Meet Dr. Jeanne Fuqua Dr. Fuqua is Naturopathic Physician and acupuncturist, dually licensed in Connecticut. Her primary goal has been to empower individuals and communities to take ownership of their health and healing. To that end, Dr. Fuqua's approach is to educate her patients and community as well as help support body's innate healing abilities within her treatment room. Outside of the office, she loves to garden, cook, and be in nature. And, always inside of the office and out, participate with others in supporting health equity. Naturopathic Medicine: A Science-Informed, Whole-Person Approach. Naturopathic medicine is a distinct system of primary health care that emphasizes prevention and supporting the boy's innate healing abilities through the use of natural therapies. Naturopathic diagnosis focuses on identifying the underlying causes of disease, using thorough intake and review of health concerns, modern diagnostic tools and physical exam. Naturopathic treatment modalities used in our practice are homeopathy, clinical nutrition and botanical medicine. . The practice and use of these modalities in naturopathic medicine integrates a scientific approach, conventional diagnostic tools, and threads from its lineage in nature cure. Acupuncture is a key component of Traditional Chinese Medicine (TCM), with documented use dating back over 2,000 years in ancient China. It involves the precise insertion of thin, sterile needles into specific anatomical points on the body, known as acupoints. This technique is used to modulate the body's physiological functions by influencing the nervous,

endocrine, and immune systems. Acupuncture is commonly integrated into modern medical practice as a complementary therapy , however it is in its own right a rich beautiful whole system of medicine. We commonly treat pain, inflammation, stress-related disorders, neurological and endocrine disorders. Moxibustion is a traditional healing technique that predates acupuncture needles in ancient China, with a history spanning thousands of years. It involves burning dried mugwort (moxa) near or directly on the skin to stimulate circulation, warm the body, and promote healing. In Japanese acupuncture, moxibustion remains an essential therapy with several distinct styles: thread moxa (okyu), where thin threads of moxa are burned on specific points; chinetsukyu, which uses small, hand-rolled moxa cones burned directly on the skin for focused heat; and kyutoshin, a precise technique applying moxa cones on needle handles to enhance treatment effects. These methods are valued for improving energy flow, supporting immune function, and balancing the body’s internal systems. Maya Abdominal Therapy is a gentle, non-invasive manual therapy rooted in the traditional healing practices of the Maya people of Central America. This technique focuses on the proper alignment and function of the abdominal and pelvic organs by using external massage to support circulation, nerve supply, and lymphatic flow. It is commonly used to address reproductive, digestive, and urinary conditions, as well as pelvic pain and postural imbalances. Developed and popularized by Dr. Rosita Arvigo, who studied with traditional Maya healer Don Elijio Panti, this therapy integrates ancient wisdom with a modern understanding of anatomy and physiology. Maya Abdominal Therapy is especially valued for its holistic support of women's health throughout the reproductive lifecycle. Cupping is an ancient healing technique used across many cultures, including Traditional Chinese, Middle Eastern, and Greek medicine. It involves applying suction to the skin using specialized cups to stimulate circulation, ease muscle tension, and support the body's natural healing response. In Traditional Chinese Medicine, cupping is traditionally used to move qi and blood, release stagnation, and expel wind or dampness—making it useful for conditions such as muscle pain, colds, coughs, asthma, and digestive issues. Today, it remains a popular integrative therapy for pain relief, sports recovery, and stress-related tension. Tuina, is branches of traditional Chinese medicine. It is Chinese massage using a using various manual techniques like kneading, rolling and plucking, to work along the body’s meridians. It helps relieve pain, improve circulation, support overall wellness. Cold laser therapy, also known as low-level laser therapy (LLLT) or photobiomodulation, is a non-invasive treatment that uses specific wavelengths of low-level light to stimulate cellular healing and reduce inflammation. It supports tissue repair, alleviates pain, and accelerates recovery from injuries and chronic conditions such as arthritis, tendonitis, and muscle strains.”

043. ND Klass Pages at guilfordholistic.com

a) from guilfordholistic.com:

“Your strongest ally in the recovery from chronic health conditions. We work closely with you to identify an effective treatment plan so you can start feeling better. Call Us. Services. About Us. Our providers specialize in the use of naturopathic medicine for general health. We focus on preventative medicine and family healthcare with

natural therapies. We also treat Lyme disease, chronic fatigue syndrome, digestive issues and many other chronic health conditions. Our approach aims to decrease your toxicity levels, strengthen your body systems, and improve your overall health. We have over 40 years of experience successfully managing. Lyme disease and chronic illnesses."

b) from guilfordholistic.com/jeffklass:

"Dr. Jeffrey J. Klass. Owner & Naturopathic Physician. Dr. Klass is the owner of Guilford Holistic Health Practitioners and has been practicing naturopathic medicine for over 40 years. In that time, he has become a staple in the naturopathic community and is particularly well-known for his unique approach for the naturopathic treatment of candida, chronic fatigue syndrome, fibromyalgia, Lyme disease, as well as other acute conditions and chronic degenerative diseases. Dr. Klass also specializes in the treatment of heavy metal toxicity and general detoxification. Through the years, he's worked with a variety of age groups and has helped thousands of patients achieve better quality of life. Dr. Klass received his naturopathic doctorate degree from the National University of Natural Medicine (NUNM). Prior to this, he earned his bachelor's degree in biology from Kansas Newman College. He has served as an instructor for NUNM and is a current member of both the Connecticut Naturopathic Physicians Association (CNPA) and the American Association of Naturopathic Physicians. He has also lectured at universities and medical symposiums on alternative medicines and biological terrain."

c) from guilfordholistic.com/detoxification:

"Detoxification What is the best way to detoxify? The best way to detoxify is first to prevent toxins from coming into your body. For most people, this means making lifestyle changes such as avoiding processed and low-quality foods, evading environmental exposures to pesticides, minimizing drug use, etc. Once your exposure to toxins has been minimized, additional lifestyle changes can be made to help facilitate the elimination of toxins from your body. One common way to start is by increasing your intake of purified, mineral-rich water. This is because your body uses water as the primary medium to eliminate toxins through your kidneys and gastrointestinal system. Your liver is also of paramount importance in the elimination of toxins. Think of your liver like the body's magician. It takes toxic substances and, using nutrients such as amino acids, transforms these toxins into non-toxic counterparts than can be sent to the intestines and kidneys for elimination. That's why you often hear about liver support in detoxification protocols. What are common toxins that create health issues? Common toxins that can create health issues include: Heavy Metals: Lead, mercury, arsenic, and cadmium can accumulate in the body over time, leading to neurological, cardiovascular, and metabolic problems. Pesticides and Herbicides: Chemical residues found in conventionally grown fruits, vegetables, and grains can disrupt hormone function, damage the nervous system, and increase the risk of cancer. Air Pollution: Exposure to pollutants such as particulate matter, nitrogen dioxide, and volatile organic compounds (VOCs) can contribute to respiratory issues,

cardiovascular disease, and other health problems. Plastics: Chemicals like bisphenol A (BPA) and phthalates found in plastics can leach into food and water, disrupting hormone balance and potentially causing reproductive issues, obesity, and certain cancers. Food Additives: Artificial preservatives, flavor enhancers, and colorings found in processed foods may trigger allergic reactions, worsen symptoms of ADHD, and contribute to digestive disorders. Household Cleaning Products: Harsh chemicals in cleaning agents, such as ammonia, chlorine, and formaldehyde, can irritate the respiratory system, damage the skin, and contribute to indoor air pollution. Cosmetics and Personal Care Products: Many beauty and personal care items contain potentially harmful ingredients like parabens, phthalates, and formaldehyde releasers, which may disrupt hormone function and pose long-term health risks. Mold and Indoor Allergens: Exposure to mold spores, dust mites, pet dander, and other indoor allergens can exacerbate respiratory conditions like asthma and allergies. Water Contaminants: These can be numerous and vary depending on where your water is being sourced from (private well or municipal). Even if your water is coming from a private well, that doesn't mean it isn't contaminated. Water can be contaminated with any of the above toxins in addition to microorganisms (bacteria, virus, etc.) as well as fluoride, chlorine, and chloramines. What natural therapies can help with detox? Certain natural medicines and therapies may facilitate the elimination of toxins in your body. Here are some commonly used natural medicines and therapies that may help with detoxification: Chlorella Spirulina Cilantro Charcoal Psyllium husk Epsom salt baths Ginger Turmeric Detoxifying footbaths Herbal tea.”

d) from guilfordholistic.com/chronic-fatigue:

“Chronic Fatigue Syndrom. What is chronic fatigue syndrome? Chronic Fatigue Syndrome (CFS), also known as Myalgic Encephalomyelitis (ME), is a complex and debilitating disorder characterized by extreme fatigue that cannot be explained by any underlying medical condition. This fatigue is not alleviated by rest and is often worsened by physical or mental activity. CFS/ME affects multiple body systems, including the immune, nervous, and endocrine systems, and can significantly impair daily functioning. Key Symptoms Severe Fatigue: Persistent and unexplained fatigue lasting for six months or more. Fatigue is not relieved by rest and is exacerbated by physical or mental activity. Post-Exertional Malaise (PEM): A significant worsening of symptoms following physical or mental exertion, often delayed by hours or days. Symptoms can last for days, weeks, or even longer after the exertion. Sleep Disturbances: Unrefreshing sleep despite adequate sleep duration. Difficulty falling or staying asleep (insomnia). Cognitive Impairments: Problems with memory, concentration, and information processing, often referred to as "brain fog." Pain: Muscle pain, joint pain without swelling or redness, and headaches of a new type, pattern, or severity. Orthostatic Intolerance: Dizziness, lightheadedness, or fainting upon standing up due to problems with blood pressure and heart rate regulation. Flu-Like Symptoms: Sore throat, swollen lymph nodes, and increased sensitivity to sensory inputs (light, sound, etc.). How do naturopaths treat CFS? Naturopathic doctors (NDs) approach the treatment of Chronic Fatigue Syndrome (CFS) with a holistic and individualized plan aimed at addressing the underlying causes and

alleviating symptoms. Since CFS can be complex and multifactorial, treatment often involves a combination of lifestyle changes, nutritional support, herbal medicine, and other natural therapies. Here’s an overview of how naturopaths typically treat Chronic Fatigue Syndrome: 1. Comprehensive Assessment Detailed Medical History: Includes a thorough review of symptoms, lifestyle, diet, stress levels, and medical history. Laboratory Testing: To identify underlying issues such as hormonal imbalances, nutrient deficiencies, infections (e.g., Epstein-Barr virus, Lyme disease), and other potential contributors to fatigue. 2. Nutritional Support Dietary Changes: Emphasizing whole, nutrient-dense foods while avoiding processed foods, sugars, and potential allergens. Anti-Inflammatory Diet: Incorporating foods rich in omega-3 fatty acids, antioxidants, and phytonutrients to reduce inflammation. Supplementation: Targeting specific deficiencies such as vitamin D, B vitamins, magnesium, and coenzyme Q10, which are commonly deficient in CFS. 3. Lifestyle Modifications Sleep Hygiene: Establishing a regular sleep schedule and creating a restful sleep environment. Techniques may include limiting screen time before bed, practicing relaxation techniques, and using natural sleep aids if necessary. Stress Management: Techniques such as mindfulness, meditation, yoga, and other stress-reduction practices to manage the emotional and psychological stress that can exacerbate CFS. 4. Herbal Medicine Adaptogens: Herbs like ashwagandha, rhodiola, and ginseng can help support the adrenal glands and improve your response to stress. Immune Support: Herbs such as echinacea, astragalus, and medicinal mushrooms (e.g., reishi, cordyceps) to boost immune function. Anti-Inflammatory Herbs: Turmeric, ginger, and boswellia can help reduce systemic inflammation. 5. Homeopathic Medicine 6. Hormonal Balance Adrenal Support: Addressing adrenal fatigue with adaptogenic herbs, proper nutrition, and lifestyle changes to balance cortisol levels. Thyroid Support: Identifying and treating thyroid imbalances with natural therapies, including nutritional support and thyroid-boosting herbs. 7. Gut Health Probiotics and Prebiotics: To restore a healthy balance of gut flora, which can influence immune function and overall energy levels. Digestive Enzymes and Bitters: To improve digestion and nutrient absorption. Elimination Diets: To identify and remove food sensitivities that may be contributing to inflammation and fatigue. 8. Detoxification Liver Support: Using herbs such as milk thistle and dandelion root, as well as dietary changes, to support liver function and detoxification. Heavy Metal Detox: If indicated by testing, using chelation or other detox methods to reduce the burden of heavy metals in the body.”

e) from guilfordholistic.com/lyme-disease:

“Lyme Disease We understand how frustrating your battle with Lyme disease can be. Countless visits to doctors, years of mismanaged care, and intense symptom flare-ups can make you feel like you're losing the battle. START YOUR RECOVERY Call Us Hiking Friends Is it Lyme, a co-infection, or something else? Get a definitive answer with the aid of electrodermal technology. It's often the case that multiple microbes are contributing to your symptoms. We work to identify which microbes should be targeted and in which order. Doctor and Patient DECADES OF EXPERIENCE Call Us A Refined Treatment Approach We utilize a specific approach to

ensure that you start feeling better. With decades of experience treating Lyme, we know where to start. We know which medicines to use and when."

f) from guilfordholistic.com/dysbiosis:

"Dysbiosis. What is dysbiosis? Dysbiosis refers to an imbalance in the microbial community (microbiome) living in your body, particularly in your gut. These microbes include bacteria, viruses, fungi, yeast, etc. An imbalance of these organisms can involve an overgrowth of harmful microbes, a decrease in beneficial microbes, or a disruption in the overall diversity of the entire microbial community. What can dysbiosis result in? As the medical community learns more about the microbiome, relationships between the microbial community and illness are beginning to be understood. While the research is still emerging, it's likely that many conditions, especially those involving the gastrointestinal system, are related to a disruption in your microbiome. Some of these conditions may include: Inflammatory Bowel Disease (IBD): Both Crohn's disease and ulcerative colitis have been linked to dysbiosis. Changes in your gut microbiome may contribute to the inflammation seen in these conditions, and likewise, addressing microbial imbalances with herbal medicines may help to reduce bowel inflammation. Irritable Bowel Syndrome (IBS): Individuals with IBS may have an altered gut microbiome compared to people with normal bowel movements. Dysbiosis may play a role in the symptoms of IBS, such as abdominal pain, bloating, and altered bowel habits. Type 2 Diabetes: An altered microbiome may also affect glucose metabolism and insulin sensitivity, which are two key processes that influence diabetes. Autoimmune Diseases: Conditions like rheumatoid arthritis, multiple sclerosis, and lupus have been linked to dysbiosis. The immune system and the gut microbiota have a complex relationship, and dysbiosis may trigger or intensify autoimmune symptoms. Allergies and Asthma: There is emerging research suggesting a link between dysbiosis and an increased risk of developing allergies and asthma, particularly in early childhood. This is partially why it's important to eat a variety of whole, nutritious foods, which supports gut microbiome diversity and bowel regularity. Mental Health Disorders: Some studies have suggested a connection between dysbiosis and mental health conditions such as depression and anxiety. The gut-brain axis, which involves communication between the gut and the brain, is likely influenced by the microbiome. Chronic Fatigue Syndrome: Dysbiosis has been observed in some individuals with CFS, though the exact nature of this relationship is still being studied. What are the main causes of dysbiosis? There are a few key factors that may contribute to dysbiosis: chronic infectious disease, e.g. Lyme, EBV recurring acute infections, e.g. Strep, UTIs frequent use of antibiotics, antimicrobial drugs, or other pharmaceuticals poor nutrition and dietary habits. In some cases, you may have a genetic predisposition for gut issues or lack microbial diversity, so dysbiosis may develop seemingly unrelated to another issue. Is dysbiosis the same as leaky gut? No, leaky gut and dysbiosis are two different medical concepts. However, dysbiosis can contribute to leaky gut and might be one of the main causes. Leaky gut occurs when the spaces between your gut cells becomes too wide. The gaps between these cells are tightly regulated by certain proteins such as zonulin, which prevents food and toxins from travelling across the intestinal wall,

"leaking" into your bloodstream before being appropriately processed by your liver. The end result of this is an inflammatory process that may lead to nutrient absorption issues and a host of systemic symptoms. How do you treat dysbiosis? One approach is to reduce the population of harmful microbes by using natural medicines with antimicrobial properties. These medicines are typically more gentle than antibiotic drugs and can also help restore the regulation function of your gut cells. Secondarily, detoxification is also important in order to clear out the microbes that were destroyed and to lower the overall burden on your liver and gastrointestinal system."

g) from guilfordholistic.com/lab-testing:

"Advanced Laboratory Testing What lab tests do naturopathic doctors order? Naturopathic doctors often use a variety of lab tests to assess and manage chronic diseases, aiming to discover which markers of health are imbalanced. While the specific tests ordered can vary based on your condition, common lab tests that naturopathic doctors may use include: Standard Blood Tests Complete Blood Count (CBC): Evaluates overall health and detects a variety of disorders, such as anemia, infection, and many other diseases. Comprehensive Metabolic Panel (CMP): Measures glucose levels, kidney function, liver function, and electrolyte and fluid balance. Lipid Panel: Assesses cholesterol levels, including LDL, HDL, and triglycerides, to evaluate cardiovascular risk. Hormone Testing Thyroid Panel: Includes tests like TSH, Free T3, Free T4, and thyroid antibodies to assess thyroid function and detect conditions like hypothyroidism or hyperthyroidism. Adrenal Function Tests: Measures cortisol levels (often through saliva tests) to assess adrenal gland function and diagnose issues like adrenal fatigue. Sex Hormone Panels: Tests levels of estrogen, progesterone, testosterone, and other sex hormones to evaluate hormonal imbalances. Nutritional and Metabolic Tests Vitamin and Mineral Levels: Tests for deficiencies in key nutrients like vitamin D, B vitamins, iron, magnesium, and zinc. Homocysteine Levels: Elevated homocysteine can indicate B vitamin deficiencies and increased cardiovascular risk. Amino Acid Profile: Assesses the levels of amino acids to identify deficiencies or imbalances. Inflammatory Markers C-Reactive Protein (CRP): Measures the level of inflammation in the body. Erythrocyte Sedimentation Rate (ESR): Another marker for inflammation and can help diagnose conditions causing chronic inflammation. Gastrointestinal Testing Comprehensive Stool Analysis: Evaluates gut health, including the presence of beneficial and harmful bacteria, yeast, parasites, and markers of inflammation and digestion. Food Sensitivity/Allergy Testing: Identifies specific food intolerances or allergies that could be contributing to chronic conditions. Lyme Disease Testing Enzyme-Linked Immunosorbent Assay (ELISA): The first step in conventional Lyme disease testing. Detects antibodies against Borrelia burgdorferi. A positive or equivocal result typically leads to further testing. Western Blot: Confirmatory test following a positive ELISA. Detects specific proteins (antigens) of Borrelia burgdorferi. Looks for both IgM and IgG antibodies, indicating early or late infection stages. Polymerase Chain Reaction (PCR): Detects the DNA of Borrelia burgdorferi directly from blood, cerebrospinal fluid, or joint fluid. Highly specific but less sensitive due to the low presence of bacterial DNA in these fluids.

C6 Peptide ELISA: Targets the C6 peptide, a specific part of the Borrelia burgdorferi bacterium. Used for both initial screening and confirmation. Tick-Borne Relapsing Fever (TBRF) Tests: Specific tests for Borrelia species causing relapsing fever, different from Lyme disease. May include PCR and specialized serological tests. Co-Infection Testing Babesia Testing: Blood Smear: Direct observation of Babesia parasites in red blood cells. PCR: Detects Babesia DNA. Indirect Fluorescent Antibody (IFA) Test: Measures antibodies against Babesia species. Bartonella Testing: PCR: Detects Bartonella DNA. IFA: Measures antibodies against Bartonella species. Culture: Grows Bartonella bacteria from blood samples (less commonly used due to difficulty in culturing). Ehrlichia and Anaplasma Testing: PCR: Detects DNA of Ehrlichia and Anaplasma species. IFA: Measures antibodies against these bacteria. Blood Smear: Identifies characteristic inclusion bodies (morulae) in white blood cells. Rickettsia Testing: PCR: Detects Rickettsia DNA. IFA: Measures antibodies against Rickettsia species. Advanced and Specialty Tests Multi-Species PCR Panels: Comprehensive panels that test for multiple tick-borne pathogens simultaneously using PCR. Lymphocyte Transformation Test (LTT): Measures the immune response (lymphocyte activation) to Borrelia burgdorferi. May indicate active or recent infection. T-Cell Tests: Evaluates T-cell reactivity to Borrelia burgdorferi antigens. Can provide information on immune system response to the infection. Advanced Serology Panels: Use a combination of ELISA, Western Blot, and other immunoassays to increase sensitivity and specificity. Naturopathic doctors often prefer labs specializing in Lyme disease and co-infections for these tests, as these labs may offer more sensitive and specific testing options compared to standard laboratories. Interpreting these tests can be complex, requiring a thorough understanding of the disease stages, your symptoms, and potential cross-reactivity with other conditions. Proper diagnosis and treatment often involve a combination of test results, clinical evaluation, and symptom history.”

h) from guilfordholistic.com/electrodermal-screening:

“Electrodermal Testing What is electrodermal testing? Electrodermal testing is an approach using various forms of technology that may help to assess the health and function of your body. Also known as bio-energetic testing, it's based on the concept of galvanic skin response, meaning that the measurable electric properties of your skin can provide information about the health of the corresponding organs and systems being tested. Practitioners typically assess acupuncture points on your hands or feet using a device capable of detecting changes in your skin's electrical properties. The test is typically quick, non-invasive, and painless. Should electrodermal testing be used by itself? While many people find value in electrodermal testing, it's best used in combination with other diagnostic tools such as laboratory markers and imaging studies. It is not meant to be used in replacement of conventional diagnostic tools. What are examples of electrodermal tests? There are various electrodermal devices used around the world, and some of them include: Vega: operates on the principles of electroacupuncture according to Reinhold Voll, focusing on the body's energy meridians and acupuncture points. During the procedure, a patient holds a handpiece connected to the Vega machine, which measures the skin's electrical conductance at these points as various

substances are introduced into the circuit. The machine's readings are interpreted by the practitioner to assess the body's response to these substances, potentially indicating sensitivities or imbalances. QEST4: uses a hand-held device connected to a computer to measure skin conductance at acupuncture points. Practitioners use the QEST4 system to test for sensitivities, imbalances, and potential health issues. Like other devices, it generates reports based on the readings. Zyto: uses a hand cradle connected to a computer. The patient rests their hand on the cradle, and the device sends small electrical signals through the skin to measure the body's responses to these signals. These responses are then interpreted by the Zyto software, which generates a report indicating which substances or products the body responds positively or negatively to."

044. NDs Mikolai, Rosenberg, Seeram Pages at newlondonnaturalhealth.com

a) from newlondonnaturalhealth.com/team:

"We Treat People, Not Diseases. Our Guiding Principle is Salutogenesis: A Practice of healthcare that supports the body's own healing ability and resilience. Jeremy Mikolai, ND. Naturopathic doctor, Jeremy Mikolai, ND. New London Natural Health Center. Jeremy Mikolai, ND is a heart-centered healthcare professional. He feels that, most often, true healing comes from deep connection and true understanding. He is passionate about integrative medicine for all ages and conditions. His areas of special concern are conditions affecting the heart, blood vessels, endocrine, and immune systems. Dr. Mikolai has practiced integrative medicine since 2010. He graduated from the National College of Natural Medicine (NCNM), with his Doctor of Naturopathic Medicine degree (ND). After graduation, he completed three years of clinical residency in primary care and cardiovascular medicine, including a year as Chief Resident. He followed that with a year of integrative cardiovascular medicine fellowship (2,000 hours of advanced training). His clinical research has focused on immunology, lipid metabolism, botanical medicine, and probiotics. As a recognized leader in his field, Dr. Mikolai has taught advanced topics to medical professionals as well as being a professor at multiple naturopathic medical colleges. Before joining NLNHC he was the acting Chief Medical Officer at National University of Natural Medicine (NUNM), in Portland, OR, as well as an Assistant Professor in their ND program as Director of the Dermatology & Minor Surgery course block. Dr. Mikolai has worked with numerous cardiologist mentors in diverse settings and has undertaken additional training in preventive cardiology and clinical lipidology. He has extensive experience in electrocardiography (ECG) and cardiac diagnostic testing. He has personally experienced both the challenges of overcoming serious health concerns and the power of naturopathic medicine to bring about deep and profound healing. These experiences have resulted in his special interest in cardio-rheumatology, the overlap of heart health with autoimmune and inflammatory conditions. Dr. Mikolai strongly believes that the best medicine requires a partnership between the provider and the patient, and that treatments must be carefully tailored to each unique individual. He loves collaborative care, communicating with patients and other healthcare professionals, and ensuring patients have a strong multidisciplinary care team, whenever appropriate. He

utilizes all aspects of naturopathic medicine, combined with traditional Western medicine, to achieve the best outcomes for his patients. Dr. Mikolai's other interests include cooking, gardening, music, and the arts. Sabrina Seeram, ND. Portrait of a young woman with long, wavy hair and a gentle smile, standing outdoors with green trees in the background, wearing a black medical scrub top and a stethoscope around her neck. Naturopathic doctor Sabrina Seeram, ND. New London. Dr. Sabrina Seeram completed her doctorate in naturopathic medicine at National University of Health Sciences and earned her bachelor of science in biology at East Stroudsburg University. She says: "I have always had the passion to practice medicine. I am the oldest of four children and I have two siblings with Type 1 Diabetes. I grew up watching them fight an ongoing battle to get the care that they need and to manage their diabetes. They inspired me to practice medicine. When I learned about naturopathic medicine, I could see that when medical providers embrace and enhance physical, mental, emotional and spiritual wellness, they can help people with chronic conditions have a better quality of life. Another part of my past that informs how I practice as a doctor is that I struggle with an autoimmune condition. I was undiagnosed for almost a year until I finally got a diagnosis. I know how it feels to not feel like your full self. I also understand what it feels like to not be heard by your doctor. I will listen to you, be your detective, and help you be an advocate for your health. Beyond my professional passion, I find balance in life with pilates, the gym, hiking, reading, and cherishing moments with my family. I enjoy traveling and learning about different cultures and perspectives. I am also a huge dog lover – I have a 8-year-old maltipoo/havanese named Leo! As a naturopathic doctor, I focus on the fundamentals of healing at the root cause. We will start with the basics such as hydration, exercise, breathing, nutrition, stress and sleep to better address your overall health. We will include interventions like herbs and nutrients as needed. Each one of you is on your unique health journey, therefore I will make a treatment plan that is uniquely personalized for you. My mission is to empower you to live a healthier life - nourishing the mind, body, and spirit through proactive, preventative healthcare." […] Gwenn Rosenberg, ND. Naturopathic doctor Gwenn Rosenberg, ND. New London Natural Health Center. Dr. Rosenberg is the founder and medical director for New London Natural Health Center. She started her career in medicine working on an ambulance in Philadelphia. She went on to work at an Indian Health Services Clinic on the Klamath River in California and a Community Health Center in Seattle. These experiences helped her to understand that true primary health care requires time and connection. Dr Rosenberg earned her medical degree from the National College of Natural Medicine and completed her residency with Bastyr University. She went on to work as a physician for multiple small clinics and now is working to build a small, independent practice model that supports the humanity and wellbeing of providers and patients alike. She maintains her commitment to community medicine and works to partner with local organizations to understand community needs and to connect people with community resources. Dr. Rosenberg is no longer seeing patients. She supports the rest of the team through case discussions and co-management […]."

b) from newlondonnaturalhealth.com/whatwedo:

“We use an individualized, food-first/lifestyle-first approach. We treat most health conditions including: Gastrointestinal conditions- including SIBO, inflammatory bowel disease, IBS and others Auto-immune and inflammatory disorders like rheumatoid arthritis and psoriasis. Mast Cell Activation Syndrome (MCAS) Ehlers Danlos Syndrome Chronic fatigue Thyroid conditions Chronic pain Long COVID POTS Chronic Yeast or BV infections Depression and anxiety Memory and concentration, ADHD Sleep difficulties/insomnia Prevention of illness and health optimization Contact Us Community Medicine Means All Are Welcome. We treat people of all ages and with most conditions. We treat people, not patients. Each person has a different body, different goals, different habits, different challenges and different strengths. We want to understand each person, their goals and their strengths so we can support them with the information and therapeutics that will help them treat their health conditions and achieve their own health goals. We feel strongly about making medical care accessible to all people. We work with people who have struggled with addiction, people of all genders and races, people who smoke cigarettes, people with large bodies, people with small bodies, people who have a history of self-harm, people of all abilities, people who make choices about diet and healthcare based on their religion, and people of all sexual orientations and practices. Our hope is that coming to the office feels like a meeting between two humans. We have information about how to diagnose illnesses, how to read labs and imaging, how to connect people with community resources that will help them eat more vegetables or do more of what they enjoy doing and how herbs and nutrients work while the person who comes to the office is the expert on their own body. We respect people’s life experiences, perspectives and values and we believe that we all have a unique way of being human. CONFIDENTIALITY. Our practice resembles a small-town clinic in that we often see multiple members of the same family, church or workplace. We take confidentiality seriously because people share things with us that they do not share with other people. We know that in order to be a good doctor, we need people to trust us with personal information. Therefore, we do not tell anyone’s story but our own and we do not identify someone as a person I have seen in the office unless they disclose that information. Treatments we use: Our primary recommendations are for food and lifestyle changes. We use herbs and supplements as a bridge to better health while addressing factors that are obstacles to your healing. At times, pharmaceuticals may be recommended, such as low dose naltrexone (LDN), bioidentical hormones and others. Food. We prescribe medicinal foods that you can often find in the grocery store and therapeutic diets to reduce inflammation or increase intake of necessary nutrients. Hand holding a sprig of green eucalyptus leaves against a plain light gray background. Herbs and Nutrients. We use evidence-based herbs and supplemental nutrients. We select the highest quality, professional herbs and supplements to meet your unique needs. Lifestyle. Movement, sleep, social connections, and stress modulation techniques are some of the things we emphasize to help you achieve your best health. Our Guiding Principle is Salutogenesis: A practice of healthcare that supports the body’s own healing ability and resilience.”

c) from newlondonnaturalhealth.com/whattoexpect:

“Coming To The Office. Your First Visit. The first meeting gives us the opportunity to get to know you, your medical history and your current condition. We ask questions and go over the questionnaire to understand the events and circumstances that have shaped your health. At the end of the first visit, we discuss a plan for moving forward which may include lab testing or imaging to gather more information. We are available in person and via Telehealth. Please submit intake paperwork prior to your visit. New London Natural Health Center's main office for naturopathic care in New London. A house with a front porch, white siding, black shutters, surrounded by a well-maintained lawn and bushes, on a sunny day. Our office. The office is in a building that looks like a home and has a sign out front that says Connections Counseling and New London Natural Health Center. We have a parking lot behind our building and street parking is also available. Please note that our office is scent-free and avoid using any perfume or cologne before your visit. We do not have in-person office staff. Jessica, the office manager, is available by phone between 9:00AM and 6:00PM, Monday-Friday. NO SHOW POLICY: we charge a $50 fee for appointments cancelled within 24 hours because cancelling with more than 24 hours notice allows us to contact people who are waiting for appointments. A welcoming reception area where you can rest while you wait for your naturopathic doctor at New London Natural Health Center. The room has beige walls, a black leather sofa with decorative pillows, and a peach armchair. “It is more important to know what sort of person has a disease than what sort of disease a person has.” William Osler, MD Your Part… A hand is planting a seed into soil outdoors. Your optimal health hinges on your willingness and readiness to make changes and commit to yourself. Health is an ongoing process and we will help guide you and cheer you on toward your goals, but you are responsible for putting the plan into action. Contact Us. True health is based in a respectful and kind relationship with your body and with your medical team. Our Guiding Principle is Salutogenesis: A practice of healthcare that supports the body’s own healing ability and resilience.”

d) from newlondonnaturalhealth.com/naturopathic-doctor-blog/dr-jeremy-mikolai-integrative-cardiovascular:

“Welcome Dr. Jeremy Mikolai, ND. We have the privilege of welcoming Dr. Jeremy Mikolai, ND, to our team, and I couldn’t be more excited to share this news with you. Having worked alongside Dr. Mikolai during my own medical training, I have long admired his depth of expertise, compassionate approach, and unwavering commitment to patient care. It is an honor to have him join our practice, where he will bring his extensive knowledge in integrative cardiology and general naturopathic care to our community. Dr. Mikolai’s approach blends integrative cardiovascular expertise with the foundational principles of naturopathic medicine. His work is deeply rooted in evidence-based care while honoring the body’s innate ability to heal. Whether you are navigating complex heart health concerns or simply looking for holistic support for your overall well-being, you will be in excellent hands with Dr. Mikolai. He will primarily see patients via telemedicine, ensuring that high-quality, specialized care is accessible no matter where you are. Additionally, he will be visiting our office quarterly for in-person consultations. If you require a physical exam following a telemedicine visit, Dr. Seeram or I will be available to provide that

care the same day, ensuring a seamless experience. We are thrilled to expand our team with such a knowledgeable and compassionate physician. Please join me in welcoming Dr. Mikolai—we are confident he will be an invaluable addition to our practice and to your care. If you would like to schedule an appointment with him, please contact the office. We look forward to seeing you soon!Please reach out to me by email or call me at 860-650-1030 if you have any feedback or ideas for ways that we can improve your care. My goal in building out this clinic into a multidisciplinary team is to serve the community and fill some of the gaps left by dwindling availability of primary care providers and increasingly short appointment times in most medical offices. I believe in primary care and the importance of having providers who know you and who have the time to address your concerns and questions. I know that I cannot see things from everyone else's perspective so any feedback or insight is always appreciated. Cardiovascular naturopathic doctor integrative cardiovascular."

045. ND Sedita-Gatto Pages at elevatingwellnessct.com

a) from elevatingwellnessct.com/about-8:

"Background Personal Profile Dr. Sedita-Gatto decided to become a Naturopathic Physician after discovering the power of alternative healing firsthand. Getting to the root cause of illness has been the key factor. Dr. Sedita-Gatto has been helping patients reach their health goals since 2006 and is very thrilled to be able to continue guide patients through their healing journey now at Elevating Wellness, LLC. Education 1996-2000 University of Connecticut Dr. Sedita studied at UCONN on the Storrs campus. This is where the foundation began. Taking the core courses of biology, chemistry, anatomy and physiology in preparation for the next step. 2000-2004 University of Bridgeport In these four years the knowledge acquired encompassed all the parts of Naturopathic medicine. From the history to diagnosis and various treatment options all were studied. 2004-2006. Having had a brief introduction to oriental medicine while at the University of Bridgeport this was the catalyst to gain further advanced knowledge of acupuncture and Chinese herbal medicine. New England School of Acupuncture."

b) from elevatingwellnessct.com/conditions-treated:

"Conditions Treated Womens Medicine: Heavy/painful Periods, Menopause, Perimenopause Allergies: Air borne or food allergies Chronic Infections: EBV, Mono and frequent upper respiratory infectionsin bar Virus, Mo Lyme Disease: Borrelia burgdfori, Co-infections (Bartonella, Mycoplasma, Babesia and Ehrlichia) Chronic Fatigue Syndrome Autoimmune Disease: MS, Lupus and Rumatiod Arthritis Gastrointestinal Disorders: IBS, Constipation and Diarrhea Anxiety / Depression Chronic Pain: Headaches/Migraines, Sciatica, Low Back and Neck pain Sleep disorders: Insomnia/frequent waking Thyroid Disorders: Hypothyroidism, Thyroiditis and Hashimoto's HTN: High blood pressure Insulin Resistance / Diabetes."

c) from elevatingwellnessct.com/services:

“Treatments Herbal Medicine With a large number of herbal formulas to choose from, they can aid the body in removing toxins, killing pathogens and supporting organ function. Eastern Medicine Auricular, Chinese and Japanese Acupuncture Facial Rejuvenation Acupuncture Japanese Cupping and Cupping with TENS Frequency Therapy Rife therapy utilizes ultrasonic frequencies to destroy pathogens without harming any healthy cells of the body. Homeopathy Homeopathy is a medical system based on the idea that the body can cure itself. Homeopathy use tiny amounts of natural substances like plants and minerals to stimulate the healing process. Nutritional Supplements An individual treatment plan of only the most effective supplements to correct deficiencies, optimize body functions and kill pathogens will be recommended.”

d) from elevatingwellnessct.com/links:

“OptiMantra By clicking View More, you will be directed to the OptiMantra patient portal online booking page. From there you can log on to access all aspects of your chart or to cancel an appointment. Requests for appointments can also be submitted by new or existing patients. View More Pink Sugar Cellcore Biosciences By clicking View More, you will be directed to the Cellcore Biosciences website. They offer a complete line of products for cleansing parasites from the body. They also offer many options for toxin removal and mitochondrial support. (Feel free to view the site but creating an account is for current patients. A code will be provided if your treatment plan includes Cellcore products) View More Crystal Salt Deseret Biologicals By clicking View More, you will be directed to the DesBio website. They offer professional solutions for specialized detoxification, pathogens and chronic infections, hormone balance, emotional health, and weight management. Using DBscript recommendations for specific products can be submitted by the practitioner for delivery to your door. (Feel free to view the products but creating an account is for current patients) View More Fullscripts Clicking below will take you directly to the Fullscripts page. From there you can log in and order supplements or adjust auto ship frequency. (Feel free to view the site but creating an account is for current patients).”

046. ND Kenney Pages at drjillkenney.com

a) from drjillkenney.com:

“UPCOMING EVENT! Women's Health Gut and Detox Jan. 7th 6pm In-Person & Virtual NEW YEAR OPPORTUNITY! 12 Day Guided Experience to Create Sustainable Habits that Support Long Term Health January 20th Virtual Revitalize Your Health Naturopathic and Integrative Medicine Dr. Kenney, an experienced Naturopathic Doctor, utilizes effective naturally based therapies to help patients optimize their health. If you are experiencing inflammation, menopausal and perimenopausal symptoms, or cancer-related side effects like fatigue, brain fog, and anxiety, Dr. Kenney can help. She is an expert in mind-body, holistic medicine. Click here to reach Dr. Kenney. Schedule Appointment Inflammation Chronic inflammation, linked to health issues like heart disease, cancer, and diabetes, can be mitigated through an anti-inflammatory approach to living. Dr. Kenney will help to identify and remove triggers to allow the immune systems to heal. Implementing specific

treatment guidelines including specific food, nutritional supplementation, herbal medicine, and stress management strategies to help eliminate chronic inflammation. NATUROPATHIC ONCOLOGY CARE Naturopathic Oncology integrates supportive therapies with conventional cancer treatments. Whether you're currently undergoing treatment, focused on preventing recurrence, or prioritizing cancer prevention, Dr. Kenney’s approach is holistic and comprehensive to improve overall health and well-being. Frequently addressed oncological issues include: cancer-related fatigue, side effects of chemotherapy, nutritional deficiencies, and recovery from surgery. Dr. Kenney offers Reiki Sessions for transformational healing, relaxation, and stress reduction. Essential oil bottles on a table with a decorative metal orb in the background. CHEMOTHERAPY SIDE EFFECTS Integrative health, combining complementary therapies with conventional treatments like chemotherapy, improves the overall well-being of cancer patients. Naturopathic therapies, nutrition, nutritional supplements, and herbal medicine can assist in managing treatment side effects. These therapies help to reduce stress, and enhance the quality of life during chemotherapy. Dr. Kenney offers Reiki for transformational healing before, during, and after cancer treatment. Contact Dr. Kenney for an individualized effective approach. Close-up of two hands clasped together, one wearing a wedding ring, symbolizing care and support. Women’s Health Dr. Kenney specializes in women’s health, offering expert support for hormonal imbalances including perimenopause, menopause, PCOS, heavy menstrual flow (menorrhagia), and absence of periods (amenorrhea). Through a blend of nutrition, herbal medicine, homeopathy, and lifestyle adjustments, she effectively addresses symptoms like hot flashes, fatigue, anxiety, osteoporosis, headaches, bloating, mood swings, thyroid issues, and sleep disturbances. Dr. Kenney prioritizes listening to her patients and empowers women with the knowledge to proactively manage their health and well-being. Two women sitting on modern white chairs in a sunlit, glass-walled lounge with potted plants and contemporary decor. "I truly appreciate Dr. Kenney's knowledge and kind manner. I was diagnosed with cancer 3 years ago, I finally feel like I'm on the right path to feeling better." “K.M.” Dr. Kenney offers in person appointments in Fairfield and telemedicine.”

b) from drjillkenney.com/naturopathic-treatment:

“Naturopathic Treatment HOMEOPATHY Homeopathy is a gentle, yet powerful medicine that was developed over 200 years ago by Samuel Hahnemann. Based on the principals of "like cures like", these remedies stimulate the body's natural ability to heal. Homeopathy: Stimulating the body's natural ability to heal. Image of a bottle with herbs inside FUNCTIONAL MEDICINE Functional Medicine focuses on finding the root cause of di-sease rather than focusing on the symptoms. A thorough history is taken and genetic, environment and lifestyle factors are analyzed as well as specific diagnostic testing ordered to guide in the treatment of illness. Functional Medicine: Doctor analyzing papers, pills, and elements. Root cause focus, holistic approach, genetic analysis, and diagnostic testing for effective treatment. NUTRITION COUNSELING Empower yourself with our Nutrition Counseling services. Dr. Jill Kenney aims to guide you toward a healthier lifestyle by helping you

discern beneficial and detrimental foods. Simple dietary adjustments can often lead to remarkable improvements in your overall health. Top view of assorted vegetables in a paper bag. Nutrition counseling concept with a variety of fresh, colorful veggies. LIFESTYLE COUNSELING Transition from a state of dis-ease to thriving health with Dr. Jill Kenney's Lifestyle Counseling. As a Naturopathic Physician, she recommends personalized changes, including dietary modifications, stress management techniques, physical exercise, and strategies to identify and eliminate environmental toxins from your daily life. Fresh raw vegetables on a table in a modern kitchen. Lifestyle counseling concept, promoting healthy eating and organic food. BOTANICAL MEDICINE Experience the potency of Botanical Medicine at Dr. Jill Kenney's practice. Harnessing the power of plant substances, these remedies boost your immune system, facilitate wound healing, balance hormones, and support various bodily functions. Achieve a holistic state of health with nature's remedies."

c) from drjillkenney.com/acute-and-chronic-conditions:

"Acute and Chronic Conditions Dr. Jill Kenney specializes in comprehensive care for a wide range of acute and chronic conditions. Her personalized approach addresses the root causes, promoting lasting relief and optimal well-being. Fatigue and Stress Experience targeted solutions for fatigue and stress at Dr. Jill Kenney's practice. Her tailored interventions aim to restore energy levels and provide effective stress management strategies. Constipation and Diarrhea Find relief from gastrointestinal concerns with Dr. Jill Kenney's expertise. She offer personalized solutions for managing and alleviating symptoms of constipation and diarrhea. Anxiety Discover holistic approaches to manage anxiety at Dr. Jill Kenney's practice. The integrative methods focus on addressing the underlying factors contributing to anxiety for lasting relief. Weight Loss Achieve your weight loss goals with Dr. Jill Kenney's specialized guidance. Our personalized plans promote sustainable weight loss through a comprehensive and health-focused approach. Depression Dr. Jill Kenney provides compassionate care for individuals dealing with depression. Our tailored interventions aim to address the root causes and support mental well-being. Cancer Care Experience supportive care during cancer treatment at Dr. Jill Kenney's practice. Our integrative approach focuses on enhancing overall well-being and complementing conventional cancer treatments."

d) from drjillkenney.com/diagnostic-test:

"Diagnostic Test Women working in a laboratory, conducting diagnostic tests for comprehensive health insights at Dr. Jill Kenney's Practice. DUTCH Test: Gain a deeper understanding of hormone levels and adrenal function through the DUTCH Test, a cutting-edge diagnostic tool. IgG Food Test: Identify potential food sensitivities with precision through our IgG Food Test, aiding in personalized dietary recommendations. Laboratory test tube samples, providing crucial insights for diagnostic testing at Dr. Jill Kenney's Practice. Stool Analysis: Receive thorough insights into digestive health and gut function with our advanced Stool Analysis, guiding targeted interventions. Nutrient Deficiency Testing: Pinpoint nutritional gaps affecting your well-being with our Nutrient Deficiency Testing, enabling tailored supplementation and dietary adjustments. Our diagnostic tests provide a foundation

for personalized and effective healthcare, allowing Dr. Jill Kenney to create customized strategies to optimize your health and well-being.”

e) from drjillkenney.com/cancer-support:

“Experience Renewed Vitality after Cancer Treatment Naturopathic Cancer Support Naturopathic Physician practicing integrative cancer care use natural and supportive therapies to help reduce side effects, to help optimize conventional care and prevent recurrence. Integrative support provides patients with safe options for combining traditional cancer treatments and natural supportive therapies. Chemotherapy Side Effects Chemotherapy, while often necessary, comes with challenging side effects. Natural remedies can complement chemotherapy by helping to alleviate certain side effects such as nausea, constipation, fatigue, anxiety, and inability to sleep. Cancer Related Fatigue Cancer-related fatigue is a common and distressing side effect experienced by many individuals undergoing cancer treatment. It is characterized by persistent physical and mental exhaustion that can significantly impact daily functioning and quality of life. Naturopathic medicine can help. Inflammation Chronic inflammation is a prolonged immune response that can contribute to various health issues. It has been linked to conditions such as heart disease, diabetes, and cancers. Adopting a lifestyle that includes an anti-inflammatory diet, exercise, and stress management can help mitigate chronic inflammation and promote overall health. Determining the root cause of the inflammation and removing the triggers will not only decrease inflammation, but will also allow the immune system to heal.”

f) from drjillkenney.com/reiki-session:

“Reiki Sessions Reiki is a gentle healing technique used to promote balance and relaxation. It helps to reduce stress, support emotional well-being, and enhance the body's natural ability to heal. Reiki is safe for people of all ages, including those undergoing cancer treatment, providing a soothing, non-invasive approach to wellness. Reiki helps to reset the nervous system, improve sleep, and promotes a sense of calm and overall wellbeing. 45 min $175.00 5 Sessions Discount: $600.”

g) from drjillkenney.com/about:

“Dr. Jill Kenney Naturopathic Doctor and Integrative Practitioner Dr. Jill Kenney is a board-certified and licensed Naturopathic Physician with nearly 20 years of experience in naturopathic medicine and integrative practices. She earned her Doctorate of Naturopathic Medicine from the National College of Naturopathic Medicine in Portland, Oregon, the oldest and most respected accredited naturopathic medical school in the country. Additionally, she holds a Certificate in Homeopathic Medicine. As a dedicated member of the Connecticut Naturopathic Physicians Association (CNPA) and the Oncology Association of Naturopathic Physicians (OncANP), Dr. Kenney specializes in integrative oncology, anxiety, adrenal fatigue, women's health, inflammatory conditions, and pediatric concerns. Her approach emphasizes providing holistic, patient-centered care that addresses the root causes of health issues. Dr. Kenney's office is in the heart of downtown Fairfield, CT, where she continues to bring her extensive expertise to the

community. Prior to relocating to Connecticut, she practiced in several multi-disciplinary settings, including FirstHealth of Andover in Massachusetts and Sakura Natural Health in Texas. Recognized for her excellence in naturopathic medicine, Dr. Kenney has received the 2020 Fairfield Magazine Reader’s Choice Award, and the 2024 and 2019 Natural Nutmeg Reader’s Choice Award. Her mission is to support her patients on their wellness journey, helping them achieve optimal health through natural and integrative treatments. Credentials Nearly 20 years of Naturopathic Medicine experience Doctorate of Naturopathic Medicine from National College of Naturopathic Medicine (NCNM) Portland, Oregon (2004) Certificate in Homeopathic Medicine (2004) Board certified and licensed Naturopathic Physician by the Connecticut State Board of Naturopathic Examiners Member of Connecticut Naturopathic Physicians Association (CNPA) Member Oncology Association of Naturopathic Physicians (OncANP) BS in Biology Prior health clinics: Park Avenue Medical Center, Yale New Haven Health, Trumbull, Connecticut, FirstHealth of Andover, in Massachusetts, and Sakura Natural Health, in Texas 2024 Natural Nutmeg Reader’s Choice Award 2020 Fairfield Magazine Reader’s Choice Award 2019 Natural Nutmeg Reader’s Choice Award. "My approach emphasizes holistic, patient-centered care that tackles the root causes of health issues. I am a compassionate, empathetic, and supportive partner in my patients' pursuit of health and wellness." “My philosophy of care is rooted in the core principles of naturopathic medicine.” -Dr. Kenney.”

h) from drjillkenney.com/blog/nvhzs5enxbc9g4kn75wh1oybdiu5ov:

“Reiki offering in Fairfield Written By Jill Kenney Reiki, a form of energy healing, has profound benefits for relaxing the nervous system. It allows the body to move into a parasympathetic state, which is responsible for the body’s "rest and digest" response. Many of us today live in a sympathetic state of “fight or flight” which leads to constant stress and anxiety. In this state, inflammation sky rockets and often results in chronic disease. Reiki works by balancing the body’s energy, promoting a deep sense of calm and facilitating the body's natural ability to heal. Reiki is safe to experience during cancer treatment and after treatment. Reiki has the power to reduce heart rate, lower blood pressure, and promote overall well-being by encouraging the nervous system to shift into a state of relaxation. In my Fairfield clinic, the serene environment allows patients to feel safe and supported as they experience the calming effects of Reiki. My intention is to have you walk out of the session feeling calm and peaceful, with a new outlook on the day. If you are interested in a healing session, please email me at info@drjillkenney.com. Be well, Dr. Kenney.”

i) from drjillkenney.com/blog/integrative-oncology:

“Integrative Oncology Written By Jill Kenney As a Naturopathic Physician, I focus on the integration of naturopathic medicine with oncology care. Integrative oncology combines traditional cancer treatments and natural supportive therapies during various stages of treatment. I utilize evidence based supplements, botanical, lifestyle medicine, and nutritional support to help reduce side effects associated with treatment and to optimize response to conventional care. Naturopathic

medicine is helpful for the following: Stress, anxiety, and depression support Nausea, constipation, and diarrhea Nutrition and nutrient depletion Minimize side effects from chemotherapy and radiation Improve your body’s response to treatment Boost energy Improve sleep Recover more quickly after treatment and surgery Avoid interactions between supplements and conventional treatment Lower Inflammation If I can answer any questions, please email me at info@drjillkenney.com.”

j) from drjillkenney.com/resources”

“Fullscript Orders Dr. Kenney provides personalized supplement recommendations. To order new supplements or refills, please use the link below. The supplements provided on Fullscript are high quality, physician grade. DR. JILL KENNEY'S FULLSCRIPT Schedule an Appointment To schedule an appointment with Dr. Kenney, please fill out the new patient forms at the top of the page. Dr. Kenney will reach out to with next available appointment times. If you’d like to schedule a 15 min phone consultation with Dr Kenney, please use the link below. DR. KENNEY'S SCHEDULE Anti-Inflamatory Diet High quality, nutrient rich food is the foundation of health. If you’d like to learn more about anti-inflammatory foods, please use the link below to receive an anti-inflammatory guide or email info@drjillkenney.com.”

047. ND Noe Pages at drjodyenoe.com

a) from drjodyenoe.com:

“Natural Family Health & Integrative Medicine, LLC Dr. Jody E. Noé, MS, ND 82 Norwich-Westerly Rd, North Stonington, CT 06359 (860)495-5688 phone - (860)495-5687 fax contact@nfhim.com Home Naturopathic Medicine Integrative Oncology Meet Our Team Books & Publications The Apothecary Contact Us & Directions We are accepting new patients If you are interested in scheduling an appointment or are looking for more information about our services please call 860-495-5688 or email us contact@nfhim.com Our office is open Wednesday, Thursday & Friday 9am-5pm Dr. Noé, MS ND is currently providing telemedicine appointments via video or phone (limited in office visits for established patients) Naturopathic Philosophy Nature acts in a powerful and profound manner through mental, spiritual, and physical mechanisms to restore balance and health. In a healthy person, balance is usually quickly restored, but when the healing capacity of a person is compromised, help in healing is needed. Naturopathic physicians use natural, effective, and non-toxic therapies to support the body's natural healing process, stimulate the body's vital force, and prevent further disease from occurring. Dr. Noé is a leader in the integrative approach to cancer treatment and has been practicing integrative naturopathic oncology for over 28 years. Dr. Noé uses nutrition (both dietary and supplemental), medical herbalism, counseling (that encompasses spiritual as well as practical issues), and physical therapies all specific to the patient’s diagnosis and current conventional treatment.”

b) from drjodyenoe.com/naturopathic-medicine:

“Naturopathic Philosophy Nature acts in a powerful and profound manner through mental, spiritual, and physical mechanisms to restore balance and health. In a healthy person, balance is usually quickly restored, but when the healing capacity of a person is compromised, help in healing is needed. Naturopathic physicians use natural, effective, and non-toxic therapies to support the body's natural healing process, stimulate the body's vital force, and prevent further disease from occurring. Each person is unique and requires catered services and individualized care. In developing a treatment plan, the cause of any condition is taken into consideration - not only the physical symptoms that the patient may be experiencing, but also spiritual, emotional, and psychological symptoms of the person. Disease affects people on more than just the physical level. This being the case, Naturopathic medicine takes a holistic approach by incorporating the evaluation of the person's thoughts, feelings, lifestyle, family history, environmental stresses, and nutritional status. Health is more than just the absence of disease. Optimum health entails daily functioning on the highest possible levels, and is characterized by positive emotions, thoughts, and actions. Naturopathic physicians teach patients how to restore and maintain their own health through living in harmony with themselves and their environment. Naturopathic Principles First Do No Harm Core to all medical practice is the desire to help the human form and condition. NDs typically approach care by utilizing the most natural, least invasive and least toxic therapies. NDs will refer when the patient’s presentation is outside their scope or level of skill. The Healing Power of Nature NDs recognize the value of our natural world in assisting the healing process. Not only do NDs utilize substances that originate in nature, but they also incorporate a healthy natural environment as foundational to human health. Naturopathic doctors recognize and harness the body’s inherent wisdom to heal itself in order to guide patients to wellness and total health. Identify and Treat the Causes There is a time and place for symptom suppression, however most naturopathic patients will benefit from identifying the underlying causes of illness and removing obstacles to cure. Doctor as Teacher Naturopathic doctors elevate patient health literacy. That means that NDs are part of the team helping patients have a better understanding of what it takes to be and stay well. Through education and a trust-based relationship, patients better understand the steps they need to take to achieve and maintain health. Treat the Whole Person Naturopathic doctors understand the interconnectedness of our body, our environment and our lifestyle on total health. It is only through this whole-person-based approach that NDs seek to restore balance and health. Prevention Naturopathic medicine affirms that it is better to prevent illness and suffering whenever possible. Through their comprehensive practice, NDs combine all six principles in order to identify potential areas of imbalance and teach patients how to get well and stay well. Naturopathic Physician Education A Naturopathic Physician is a primary Health Care Professional, who is trained as a specialist in Natural Medicine. The field of Natural Medicine is strongly rooted with an emphasis on prevention. Naturopathic Medicine is effective in treating most health problems, whether acute or chronic. In practice, Naturopathic Physicians perform laboratory testing, physical examinations, gynecological exams, pediatrics, geriatrics, men’s health, allergy testing, and hormone testing, counseling, nutritional and dietary analysis. Naturopathic Physicians refer patients to other

practitioners from all other branches of medical science for diagnosis and treatment as appropriate. A Naturopathic Physician has a Doctor of Naturopathic Medicine (N.D.) degree from a four year graduate level federally accredited Naturopathic Medical College, which includes two years of supervised clinical internship. N.D.'s study the same basic medical curriculum and clinical sciences as orthodox allopathic medical students (M.D.'s) along with the full spectrum of natural medicines and therapies. Naturopathic Doctors are licensed in several states in the USA and provinces in Canada. To obtain licensure, the candidate must successfully graduate from a Naturopathic Medical College and receive a passing mark on the National Standardized examination or that of a particular state's Naturopathic Board examination. States that license Naturopathic Doctor's include: Alaska, Arizona, California, Connecticut, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Utah, Vermont, Washington, plus the District of Columbia and United States Territories, Puerto Rico and the Virgin Islands."

c) from drjodyenoe.com/integrative-oncology:

"Integrative Oncology & Cancer Support Integrative oncology is the holistic approach of treating the whole person with mind, body, spirit medicine in a patient empowered model, while also addressing the disease. It is slowly being adopted by the leading cancer centers in the US. This concept of treating the patient not just the cancer is fundamental to integrative naturopathic oncology. Dr. Noé is a leader in the integrative approach to cancer treatment and has been practicing integrative naturopathic oncology for over 28 years. Dr. Noé uses nutrition (both dietary and supplemental), medical herbalism, counseling (that encompasses spiritual as well as practical issues), and physical therapies all specific to the patient's diagnosis and current conventional treatment. Integration of naturopathic cancer treatments is specific to the patient, type of cancer diagnosis and in alignment with the current conventional treatment. Recommendations are designed to enhance the patient's own ability to fight the cancer and enhance the effect of the conventional treatment while reducing its side effects. Outcome studies have shown that the use of integrative medicine in the treatment of cancer has significantly changed the statistics in favor of quality of life and longevity for the cancer survivor. Integrative medicine is a concept that has recently been termed in the medical community. Traditionally the integration of different modalities is a concept of healing that indigenous healers have always held to. By definition the word integrative means to make whole by bringing all parts together, to unify. The term holistic medicine essentially means the same. Integrative medicine treats the whole person; mind, body and spirit. This is the fundamental premise of naturopathic medical education and practice. Integrative medicine is defined as integrating different aspects of healing. These complementary concepts of healing are integrated with the conventional medical model. Often called "alternative" medicine, complementary therapies are the use of various systems of healing that are not currently included in the curricula included in US medical schools. Therefore, alternative to the established conventional medical system. Some of these practices include: acupuncture, homeopathy, botanical medicine and spiritual alignment. These are all traditional methods of healing that have been practiced long before the current

allopathic model of medicine. Models of integration may include acupuncture, herbal medicine, nutrition, art & music therapy, physical therapy, counseling (both didactic as well as spiritual) and many more. Naturopathic physician's training includes many of these aspects of integration, but specialty instruction is needed by any physician (allopathic or naturopathic) to be considered a specialist in the art of integrative medicine. Dr. Noé's specialty training in traditional herbal medicine, psychology and spirituality has made her a leader in the field of integrative medicine, including integrative oncology. Her background as a clinical research scientist and ethnobotanist has added a dimension of scientific knowledge to her traditional training that has made her a leading educator in her field. Previously as a professor at Bastyr University she taught naturopathic students within the specialty of botanical medicine and integrative oncology."

d) from drjodyenoe.com/our-healers:

"We take pride in providing individualized care and attention to all of our patients. We are a small, but mighty team of women that are here to support you through your journey! Our Team Dr. Jody E. Noé, M.S., N.D Dr.Noé has been providing naturopathic care for patients since 1995. She provides care for the whole family as well as specializing in Integrative Oncology, HIV/AIDS and chronic disease managment. In all instaces working to facilitate the integration of mind, body and spirit, which requires patient participation in their own healing process. Dr. Jody E. Noé obtained her Doctorate of Naturopathic Medicine from Bastyr University in Seattle, Washington. Previously, she was awarded her Bachelor's and Master's of Science degrees from Old Dominion University in Norfolk, Virginia with focus in Ethnobotony, including tradition Cherokee medicine. Dr. Noé served as adjunct faculty to the University of Bridgeport College of Naturopathic Medicine, Quinnipiac University, Connecticut College of Naturopathic Physicians, Bastyr University, the New England Women's Herbal Conference, Northwest Institute of Acupuncture and Oriental Medicine (NIAOM) and several community colleges and private organizations. A founding member of the Botanical Medicine Academy, Dr. Noé is president emeritus for both the Oklahoma and Vermont Associations of Naturopathic Physicians Dr. Noé is passionate about teaching as a vital way to pass down the knowlege of natural medicine to future generations of practitioners. She continues to teach at many herb schools and herbal conferences around the country including Farmacy Herbs, Arborvite, Misty Meadows, The Florida School of Holistic Living, Traditions School of Herbal Studies, The Florida Herbal Conference, The Midwest Herbal Conference, The Southeast Wise Womens Herbal Conference, and many more. Traditional Medicine Dr. Noé practices traditional medicine as taught by her Cherokee elders. This is a practice that encompasses mind, body, and spirit. She was accepted as an official apprentice in 1987 by Crosslin F. Smith, high medicine priest of the Keetoowah, of the western band of Cherokees in Tahlequah, OK. She has been with the Smith's since this time that has spanned over 4 decades, and continues to practice and study under Crosslin up to this date. Prior to this she was taught by the elders of the eastern Cherokees, Goingback and Mary U. Chiltoskey, "Mama" Geneva Jackson, and incidentally with Amy Walker. Dr. Noé continues to study with her elders and practices traditional ways with patients when

appropriate. The traditional medicine way uses plants, earth, air, water, and fire (heat) along with rituals and prayers to invoke Spirit and Healing. The Keetoowah are traditionalists and practice ancient rituals such as the sacred "Stomp Dance" to this day. In traditional medicine many aspects of healing are addressed with the focus on the Spirit of each modality affecting the Spirit of the patient to conjoin with the Great Spirit of the universe. Each modality is looked upon as an independent people, for example the traditional native american names acknowledge 'plant people', 'rock people', etc. This traditional way honors not only the medicine that is used to affect the physical being of people, but the Spirit that is in each and every living thing, that effects us all concurrently.”

e) from drjodyenoe.com/publications:

“Books are available through our office email at contact@nfhim.com or call 860-495-5688 Dr Jody E. Noé, a graduate of Old Dominion University (BSc, MSc) and Bastyr University (ND), is a Professor of Oncology and Family Medicine at the University of Bridgeport College of Naturopathic Medicine. She is also the founder of the Integrative Oncology Clinic and the Chair of Botanical Medicine. She served as senior staff physician and integrative researcher in oncology at the Cancer Treatment Centers of America in Tulsa, Oklahoma. Dr Noé practices naturopathic family medicine, naturopathic integrative oncology, and Cherokee medicine in Connecticut. Dr Peter J. D'Adamo is a graduate of Bastyr University (ND) and author of Eat Right for Your Type and Eat Right for Your Life. He is a founder of the Center for Excellence in Generative Medicine at the University of Bridgeport. Textbook of Naturopathic Integrative Oncology $99.95 This textbook is designed to teach medical college and health science students fundamental cancer cell biology and inflammatory pathway biochemistry in preparation for managing patients with various forms of cancer, integratively. While several texts have been written on integrative medical practice in general, this is the first book to focus exclusively on naturopathic integrative cancer treatment. Integrative Approach Integrative cancer treatment combines conventional allopathic chemotherapy, radiation, and surgery with naturopathic modalities, chiefly lifestyle counseling, stress management, clinical nutrition, and botanical medicine. These integrated modalities can be applied not only to cancer treatment but also to cancer prevention and palliative care. Patient Centered By definition, the word integrative means to unify, to make a whole by bringing all parts together. Integrative medicine treats the person as a whole, integrating body, mind, and spirit. The patient is respected as a whole being, not just managed as a disease condition, and becomes empowered as a result to participate consciously in the healing process. Evidence Based The body of literature on integrative practices is growing rapidly, with studies supported by key government bodies, university research centers, and cancer institutes. Throughout this book, medical information and clinical guidelines are grounded in the most current research and best practice standards established by multidisciplinary medical associations. Taken together, the extensive references at the end of each chapter comprise the most complete and current list of integrative and naturopathic research on cancer in the medical literature to date. Pedagogical Tools Clinical reasoning and case management skills are developed by presenting information in

recurring SOAP chart order and by presenting case histories of patients who have been managed integratively. Open-ended case management studies are provided for instructors to use in directing team activities and for students in preparing for board examinations."

f) from drjodyenoe.com/the-apothecary:

"We are now offering a 5% discount on all orders for our Patients that are Seniors 60 years and older. To order supplements from our in office apothecary call or email us 860-495-5688 contact@nfhim.com Office hours are Wednesday-Friday 9am-5pm We offer contact-less pick up from the office or USPS shipping (Free over $250) You can also access Fullscript & receive 10% off your order https://us.fullscript.com/welcome/naturalfamilyhealth/signup."

048. ND Vishvanath Pages at integratedhealthcenteronline.com

a) from integratedhealthcenteronline.com/dr-pram/:

"Meet Dr. Pramila Vishvanath. Dr. Pram. My treatment philosophy is based on working with you to achieve a high energy level, a respect for your body and its needs, an awareness of your place within the surrounding environment, and a sense of pleasure and confidence in your ability to manage your own needs. My goal is to provide you with a unique approach to treatment by combining the wisdom of traditional healing with modern medicine and your own personal health goals. This can be accomplished by serving you as: Your Teacher. Ongoing Education I will teach you the importance of achieving balance with your physical environment, how you can reduce stress, how to eat a balanced diet, and much more. This knowledge will motivate you to adhere to your treatment plan, ensuring its success. Your Guide. Your Health Your Health As you learn more about improving your wellness, my role will shift to long-term support, empowering you to take an increasingly active role in managing your own health. Your Coach. Comprehensive Plan I will develop a comprehensive treatment plan designed for your specific needs. This will enable you to enjoy a variety of treatments that will support your body's natural ability to heal itself. Your Partner. Proactive Partnership I believe strongly in the importance of the patient-physician relationship. This relationship is ultimately based on mutual trust and the common goals of achieving and maintaining your well-being. The State of Naturopathic Medicine. The past 30 years has seen an extraordinary increase in consumer demand for safe, effective, and cost effective natural healthcare. Naturopathic medicine has emerged as the health care profession best suited to meet this demand, although it almost disappeared in the mid-twentieth century because of the popularity of drugs and surgery, naturopathic medicine now offers safe effective natural therapies as a vital part of the health care systems of North America in the twenty-first century. Naturopathic physicians are trained in the art and science of natural healthcare at accredited medical colleges. Integrative partnerships between conventional MDs and licensed NDs are becoming more available. This cooperation makes more effective therapies available to consumers. It increase patient satisfaction in their relationships with their care providers. More people are restoring their health by adding naturopathic medicine to their healthcare options. Naturopathic medicine is a system of medicine

that assists in healing the whole person. Within nature there’s and inner wisdom that balances the individual. Our Office. At IHC, we view your first office visit as an important beginning to the patient-physician relationship. This initial visit builds the foundation for our mutual commitment to achieving and maintaining your state of wellness. It also provides us with an opportunity to assess your health in an organized and comprehensive manner, and to determine how best to support you. Currently we participate with many health insurance companies. As a courtesy to our patients we will supply you with an insurance super bill for reimbursement. Please cakk your insurance company before your visit to be sure you will be reimbursed. Unfortunately Medicare does not cover office visits. Your Visit Ongoing. Your initial visit is between 45 to 60 minutes in length and consists of an interview detailing your medical and dietary history and a physical examination. This information helps the doctor generate a comprehensive treatment plan. We believe strongly in the importance of providing you with easily accessed phone and e-mail support where you can talk directly with Dr. Pram about your immediate health concerns and their management. Subsequent. Adequate time, approximately 20 to 30 minutes, is given to assess your ongoing plan. Kindly notify the office 24 hours prior to cancellation. A cancellation fee of $50 will be applied without sufficient notice. The Integrated Health Center was founded by Dr. Pram because of her lifelong desire to share the benefits of a natural lifestyle with others. Currently licensed to practice in Connecticut, Arizona and Hawaii. Some of her accomplishments include: Starting the first Homeopathic study group, the Connecticut Homeopathic Association, in 1985 Starting the Naturopathic residency program at Griffin Hospital in 1998 Facilitating the first online botanical medical program under the auspices of Quinnipiac College in 2001. Serving as President of the Connecticut Society of Naturopathic Physicians in 2001. Dr. Pram enjoys relating how her passion to help others through the science of naturopathy began… “My introduction to natural medicine was through my mother who always took me to the local homeopathic physician for all my childhood illnesses. Growing up in India I was enveloped with the Ayurvedic traditions passed down through several generations. I graduated Summa Cum Laude from the Bombay Homeopathic Medical College in 1965, then served as the Chief Resident of the Government Homeopathic Medical Hospital in Bombay. In 1967, I immigrated to the USA. I received my Physician’s Assistant certification in 1977 from Rutgers University and worked as a PA for many years in the UK and Connecticut. In 1990, I graduated from the National College of Naturopathic Medicine (NCNM) in Portland, Oregon. It is my fervent wish to see naturopathy and a natural lifestyle become part of our way of life. With this in mind, I have collaborated with Park City Primary Care Center to see under-served patients at their center. I love my work and helping my patients achieve a state of wellness they never before thought possible. In addition, I enjoy gardening, dancing and traveling. I look forward to meeting you and working with you to achieve a healthier, more balanced lifestyle.” – Dr. Pram K. Pramila Vishvanath, L.C.E.H., P.A., N.D. Naturopathic Physician, Director of the Integrated Health Center. (203) 259-2700.”

b) from integratedhealthcenteronline.com/advanced-allergy-therapeutics:

“Advanced Allergy Therapeutics A Holistic Approach for the Relief of Symptoms Caused by Allergies and Sensitivities Advanced Allergy Therapeutics (AAT) is a non-invasive treatment that effectively addresses the many symptoms caused by allergies and sensitivities. Allergies and sensitivities are caused by an error: the body is responding inappropriately to a harmless substance. AAT treats the overreaction by reducing the stress on the body in relation to the offending substance, creating a positive association so that the body may respond more appropriately. AAT merges 21st century science with 3,000-year-old traditional acupuncture principles in offering an effective alternative in the treatment of symptoms associated with allergies and sensitivities. Non-invasive No needles No drugs No herbal remedies No supplements No avoidance allergies Book Appointment What is an Allergy? Allergies are a physiological error. The body reacts negatively to harmless substances, foods or stimuli. The word “allergy” comes from the Greek allos, meaning “other”. It was first used in 1906 to refer to an “altered reaction” in the body’s immune system. An allergic reaction occurs when the body comes in contact with the allergen. This can occur through contact with the skin, inhalation, injection or ingestion of the substance. Medical treatment includes: avoidance of the allergen, medications to reduce the symptoms of the allergic reaction or injections to desensitize the patient to the allergen. The medical classification of a “true allergy” requires an IgE-mediated response. However, there are also non-IgE-immune sensitivities as well as involvement with IgA, IgG or IgG4. The use of the word “allergy” has become a generic term used by the public to describe allergies, sensitivities and intolerances. The distinction of a true allergy based on circulating immunoglobulins is generally unknown. What is AAT? Advanced Allergy Therapeutics (AAT) is a clinically proven treatment that is highly effective in relieving the many symptoms associated with allergies and sensitivities. It is a therapeutic approach that was developed from over 15 years of clinical research, reconditioning the body to respond more appropriately to harmless substances. The success of the treatment is attributed to the extensive knowledge base and in-depth study of the allergens and offending agents, allowing for the treatment of a broad range of symptoms. The AAT treatment does not rely on the use of medications, herbal remedies or supplements. The treatment is safe, painless and available to all ages including infants. How ATT Works. AAT treats the symptoms associated with allergies and sensitivities by reducing the biological stress caused by the offending substance. Gentle pressure is used to stimulate points on the back, which correspond with the major organ systems. According to traditional acupuncture theory, this stimulation relaxes the body and temporarily strengthens each of the major organ systems. During treatment, a digital representation of the substance is introduced to the surface of the skin. Acupressure stimulation is then applied to reduce the stress load caused by the substance. The body associates the enhanced state with the substance, allowing for a more appropriate response. The degree of stress on the organ systems, caused by an allergen, is proportional to the degree of the negative reaction. By easing the stress on the organ system involved, the related symptoms are also reduced, allowing for a positive conditioning effect. Conditions Treated. A sensitivity or inappropriate reaction may cause symptoms from any organ system in the body. Some systems are prone to reacting to certain families of allergies or substances, such as the respiratory system reacting to

pollen. However, a substance may affect any organ system, which could cause a multitude of symptoms varying from case to case. For example, a reaction to wheat may cause hives in one person, digestive issues in another, fatigue, wheezing or Acid Reflux all in different patients. AAT addresses the specific organ systems affected by the allergen or offending substance. Digestive System. Symptoms include Acid Reflux, Irritable Bowel Syndrome (IBS), abdominal and intestinal pain, gas, bloating, diarrhea and vomiting. Primarily caused by food allergens or other ingestants.Respiratory System. Symptoms include hay fever, wheezing, asthma, skin conditions, rashes and itchy, watery eyes. Reactions may be caused by allergies/sensitivities to pollens, dust, food, chemicals and animals (including dog and cat dander and bird feathers), air-borne substances and contactants. Dermatological. Symptoms may include eczema, skin rashes, hives, blisters and atopic dermatitis. The main cause of dermatological reactions is allergies/sensitivities to food but can also be caused by allergies to plants, contactants and chemicals. Headaches and Migraines. May be caused by allergies/sensitivities to food such as chocolate and caffeine, airborne irritants such as pollens and chemicals including household cleaners, perfumes and vehicle fumes. Tiredness and Fatigue. Many reactions result in lethargy and feelings of fatigue. Tiredness can also occur at certain times of the day, such as in the afternoon after eating. Multiple Systems. Allergies/sensitivities affect multiple systems in the body, resulting in headaches, irritability, hyperactivity, mood swings, fatigue, tachycardia, or inflammation. In children such reactions can manifest as Attention Deficit Disorder (ADD) and Attention Deficit and Hyperactivity Disorder (ADHD), which is often accompanied with redness around the eyes and nose and repetitive behavior patterns. Irritable Bowel Syndrome (IBS). Primarily caused by sensitivities and affects approximately 15% of the population. Common symptoms include diarrhea, constipation, bloating and abdominal pain. Skin allergies/sensitivities. Particularly common allergic reaction and include eczema, dermatitis and hives. PLEASE BE ADVISED: AAT cannot guarantee any results. While AAT can provide relief for many symptoms caused by allergies or sensitivities, some cases do not respond. AAT does not treat cases of anaphylaxis or life threatening symptoms. Strict avoidance is always advised. Potential Offending Agents shell fish wine and beer fruit food components berries eggs grains dairy coffee chocolate fabrics upholstery plastics dust, dust mites stinging insects sunlight barometric pressure herbal remedies nutritional supplements nightshades environmental animal dander woods and metals chemicals latex perfumes airborne irritants detergents softeners.”

c) from integratedhealthcenteronline.com/breast-health:

“Take Charge Of Your Health Thermography has been subjected to nearly 40 years of rigorous research and has been reviewed in as many as 600 published studies. That’s part of what makes it such a trusted and highly regarded procedure. In fact, it is 90% effective at detecting potential problem areas in breast tissue up to 10 years prior to detection by mammograms or sonograms. In addition to being a valuable aid in the fight against breast cancer, thermography has proven effective at diagnosing a host of illnesses and conditions, including arthritis, diabetes,

orthopedic problems, risk of stroke, vascular disorders and much more. Thermograms are heat-sensitive photographs taken with sophisticated infrared cameras. As our bodies age and evolve, so do our cells. Regular thermograms can track our cellular evolution and reveal any number of potential health issues well in advance of their diagnosis. For this reason, many doctors have come to think of thermograms as a cellular roadmap of the human body. Important: Unlike mammograms, thermograms do not expose your body to any radiation. A thermogram is a measurement of the natural radiation that is emitted through the skin. Potential problem areas are indicated by abnormal temperature readings. Another benefit of thermography is that it does not require compression of the breast as mammograms do. In fact, a thermogram doesn't involve any contact with the body. That's what makes thermography so safe and non-invasive. Thermograms are not intended to replace traditional screening methods such as mammograms and ultrasound. Rather, thermology is a helpful complement to these traditional diagnostic tools. On its own, a thermogram cannot locate a tumor. Its effectiveness lies in its ability to indicate likelihood of future cancerous growth. For this reason, women in their teens and twenties can integrate thermology into their breast health programs as an early detection strategy, as early as 18 years of age especially if they are on birth control. Thermology is of particular helpful for women who: are pregnant or lactating non-menopausal who have used hormone replacement therapy have a history of fibroids prior biopsies who have exceptionally small or large breasts. MAKE CHARGE OF YOUR HEALTH Take breast care an ongoing part of your overall health care plan. Ask Dr. Pram: How to do a thorough self-exams Foods and nutrients that impact breast health The effects of both the external and internal environment that controls breast health Breast health is ever-changing. Schedule a thermogram now to determine your potential for breast cancer Learn about the advantages of naturopathy, and other complementary therapies, to create a balanced approach to your health."

d) from integratedhealthcenteronline.com/treatments:

"Treatments Nutrition Nutrition is the process of nourishing or being nourished. It is the process the body assimilates food and uses it for growth and for replenishment of nutrients. It is the science of nourishment, including the study of nutrients necessary to maintain optimum health. Book Appointment Homeopathy Homeopathy is a system of medicine that is based on the Law of Similars. The truth of this law has been verified experimentally and clinically for the last 200 years. Samuel Hahnemann described this principle by using a Latin phrase: Similia Similibus Curentur, which translates: "Let likes cure likes." It is a principle that has been known for centuries. Hahnemann developed the principle into a system of medicine called homeopathy, and it has been used successfully for the last 200 years. Book Appointment Ayurvedic Medicine Ayurveda is an intricate system of healing that originated in India thousands of years ago. It is a system that helps maintain health in a person, by using the inherent principles of nature to bring the individual back into equilibrium with their true self. Its aim is to provide guidance regarding food and lifestyle so that healthy people can stay healthy and people with health challenges can improve their health. Book Appointment Herbal Medicine

Herbal medicine, also called botanical medicine or phytomedicine, refers to the use of any plant’s seeds, berries, roots, leaves, bark, or flowers for medicinal purposes. Long practiced outside of conventional medicine, herbalism is becoming more mainstream as up-to-date analysis and research show their value in the treatment and prevention of disease. Book Appointment Purchase products through our Fullscript virtual dispensary. Virtual Dispensary Welcome to our virtual dispensary! Our online dispensary is a safe and convenient way for you to purchase supplements and other natural health products. Ordering is simple, and the products will be shipped directly to your home or work within a few days. You can also access your personalized prescriptions and dosage instructions for the products that have been recommended for you.”

049. ND Burkhart Pages at hartacu.com

a) from hartacu.com/drkaraburkhart:

“Dr. Kara Burkhart, N.D., L.Ac, FABORM. With an esteemed clinical residency at the Bastyr Center for Natural Health and adjunct faculty positions at Bastyr University and the University of Bridgeport, Kara's extensive background in traditional medicine systems positions her as an authority in the field. She champions the use of functional medicine testing to unravel the root causes of health issues. Through her one-of-a-kind approach, she teaches her patients how to integrate transformative daily practices into their routines. Away from her practice, Kara is a nature enthusiast and an eternal optimist. Whether she's feeling the adrenaline rush on the snowy slopes, immersing herself in the botanical wonders of gardens across the globe, or spending time with her family, she lives life to the fullest. Her personal mantra, "Go get yourself a good day," serves as a reminder to seize the beauty in each day, a sentiment she spreads around like confetti. Specialties: Acupuncture, Naturopathic Medicine, Traditional Chinese Medicine, Nutrition, Herbal Medicine, Medically Supervised Detoxification, Fellow – American Board of Reproductive Medicine Practice Philosophy: The fundamental goal of naturopathic medicine is to stimulate the innate healing power of the human body. My intention is to partner with patients in creating environments where the body can heal. I choose a treatment plan based upon the individual patient. It may consist of a combination of the following: acupuncture, bio-identical hormone replacement, dietary changes, fish oils, herbal medicine, specific nutrients, homeopathy, lifestyle changes, counseling, visualization exercises, stress reduction strategies, exercise, or hydrotherapy. Areas of Focus: Pain Management, Autoimmune Disease, Fibromyalgia, Chronic Fatigue, Sleep Disorders, Allergies, Migraine, Metabolic Syndrome, Diabetes, Inflammatory Bowel Disorders, and Women’s Health including Infertility and Menopause CURRICULUM VITAE Education and Medical Training: B.A. Environmental Studies, Botany, University of Vermont, Burlington, VT Doctorate of Naturopathic Medicine, Bastyr University, Seattle, WA Clinical Residency, Bastyr Center for Natural Health, Seattle WA Board Certifications: North American Board of Naturopathic Examiners, 2004 National Certification Commission for Acupuncture and Oriental Medicine, 2004 Fellow, American Board of Oriental Reproductive Medicine, 2015 Practice: Current Practice, Hart Acupuncture & Nutrition | West Hartford, CT Private Practice, Salud Integrative Medicine, 2013-2015 | Farmington, CT Adjunct Faculty, University of Bridgeport College of Naturopathic Medicine, 2012-2014 | Bridgeport, CT Private Practice, West Hartford Natural Health, 2012-2013 | West Hartford, CT Adjunct Faculty, Bastyr Center for Natural Health, 2005-2008 | Seattle, WA Adjunct Faculty, Bastyr University School of Naturopathic Medicine, 2005-2008| Seattle, WA Private Practice, Ground Floor Health, 2005-2009 | Seattle, WA Society Memberships: American Association of Naturopathic Physicians Connecticut Society of Acupuncture and Oriental Medicine American Herbalist Guild.“

b) from hartacu.com/nutrition:

“Nutrition. Nutrition is the cornerstone of good health. More and more evidence is supporting the idea that proper food choices are linked with disease prevention and halting progression of existing disease. Supplementing with key nutrients that are missing from the average diet and difficult to obtain from the most conscientious diet is important to optimizing health. Focusing on “food as medicine,” Pauline Weissman will address any of your health concerns from a dietary prospective in addition to providing very specific nutritional advice. What is Nutrition Therapy? Why see a Nutritionist? The objective of nutrition therapy is to design individual dietary and supplement protocols to optimize overall health, boost the immune system, increase energy levels and slow the aging process. This can be achieved through food, vitamin, mineral and herbal therapies. Whether you are looking to resolve medical issues via a natural, whole foods and supplement approach, or you are simply looking to increase energy levels, decrease fatigue, rid yourself of brain fog…or even lose weight, Pauline can help you. Nutrition Therapy can be offered in a variety of manners: Through individual or group sessions, specialized meal plans, health assessments, food preparation and cooking advice. With education and guidance, you can take control of your life and follow steps that will guide you to ensuring optimal health. What to expect from my first appointment? Pauline will review your medical history, food habits, and lifestyle. Together with you, she will create a custom plan including menu plans, supplement protocols if needed, recipes, education and guidance. Her strength is her ability to work with people of varying lifestyles and creating plans that are feasible, reasonable and realistic in order to get her clients to attain their personal health goals. What Types of Special Programs do you offer? Customized Individual Weight Loss Programs Customized plans designed for each individual given body type, lifestyle, activity level and likes and dislikes. Programs include education, menu planning, recipes, shopping lists and customized supplement protocols. Food Allergies and Sensitivities Confused by how to truly follow a clean diet that is free of…gluten, dairy, soy or any other food you have been instructed to avoid? Pauline can provide you with all the relevant information, tips, guidelines, shopping lists, recipes and menu plans that work with your specific food allergies and sensitivities. Anti Inflammatory/Auto Immune Nutritional Protocols Learn what foods, teas, and supplements can reduce the severity of your symptoms. Learn what foods cause inflammation, and exacerbation of both autoimmune and other inflammatory conditions. Walk away with not only a clear understanding of the above, but a personalized menu plan and guidance on how to follow it. Fertility/Prenatal/Postnatal Nutrition During this very special time of life, there are increased nutritional needs for both you and your growing baby. Learn what foods and supplements are essential to prepare your body for pregnancy, what is safe during pregnancy, and how to nourish your body appropriately during the post natal timeframe, especially if you are breast feeding your child. 7- to 14-Day Detox Program Do you want to free your body of toxins? Need guidance on how to maintain a healthy weight? Curious about nutritional and lifestyle choices? This premier detox program will rejuvenate both your mind and body. Shed those old food habits, cleanse your system, increase your energy levels and put a spring your step! Detox and Cleanse in a supportive group environment. You will be provided with everything you need for a successful cleanse. The workshops include: education and guidance, individualized coaching on how to

conduct a safe and effective detoxification program, supportive materials including grocery lists, menu plans and recipes Supplement Evaluations If you are taking a variety of supplements that you have self-prescribed and wonder how much is essential or even beneficial, set up a 45-minute supplement evaluation appointment to provide you with a customized plan appropriate for your body."

c) from hartacu.com/naturopathic-medicine:

"Naturopathic Medicine. Naturopathic Doctors are world class experts in natural medicine. Trained as primary care doctors, naturopathic doctors are licensed to diagnose disease and order appropriate labs and imaging. Therapeutics used are personalized to the patient and include herbal medicine, homeopathy, hydrotherapy, dietary changes and lifestyle recommendations. Naturopathic medicine is based on the belief that the human body has an innate healing ability. Naturopathic doctors (NDs) teach their patients to use diet, exercise, lifestyle changes and cutting edge natural therapies to enhance their bodies' ability to ward off and combat disease. NDs view the patient as a complex, interrelated system (a whole person), not as a clogged artery or a tumor. Naturopathic physicians craft comprehensive treatment plans that blend the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health. Naturopathic physicians base their practice on six timeless principles founded on medical tradition and scientific evidence. Let nature heal. Our bodies have such a powerful, innate instinct for self-healing. By finding and removing the barriers to this self-healing—such as poor diet or unhealthy habits—naturopathic physicians can nurture this process. Identify and treat causes. Naturopathic physicians understand that symptoms will only return unless the root illness is addressed. Rather than cover up symptoms, they seek to find and treat the cause of these symptoms. First, do no harm. Naturopathic physicians follow three precepts to ensure their patients' safety: Use low-risk procedures and healing compounds—such as dietary supplements, herbal extracts and homeopathy—with few or no side effects. When possible, do not suppress symptoms, which are the body's efforts to self-heal. For example, the body may cook up a fever in reaction to a bacterial infection. Fever creates an inhospitable environment for the harmful bacteria, thereby destroying it. Of course, the naturopathic physician would not allow the fever to get dangerously high. Customize each diagnosis and treatment plan to fit each patient. We all heal in different ways and the naturopathic physician respects our differences. Educate patients. Naturopathic medicine believes that doctors must be educators, as well as physicians. That's why naturopathic physicians teach their patients how to eat, exercise, relax and nurture themselves physically and emotionally. They also encourage self-responsibility and work closely with each patient. Treat the whole person. We each have a unique physical, mental, emotional, genetic, environmental, social, sexual and spiritual makeup. The naturopathic physician knows that all these factors affect our health. That's why he or she includes them in a carefully tailored treatment strategy. Prevent illness. "An ounce of prevention is worth a pound of cure" has never been truer. Proactive medicine saves money, pain, misery and lives. That's why naturopathic physicians

evaluate risk factors, heredity and vulnerability to disease. By getting treatment for greater wellness, we're less likely to need treatment for future illness."

d) from hartacu.com/acupuncture:

"Acupuncture. Acupuncture is among the oldest natural medicine still used today. It has been practiced for thousands of years. Chinese culture documents 3,000 years of using acupuncture as a therapeutic method. European history of acupuncture use may be even older. A 5,300 year old man's body was found in the Italian Alps with what appears to be tattoos tracing meridians and acupuncture points still recognized today. According to the philosophy of traditional acupuncture, energy circulates in 'meridians' located throughout the body. When something disrupts meridian energy circulation, pain or illness results. The way to restore energy circulation, health, and balance, is to stimulate the appropriate combination of the estimated 400 traditional meridian acupuncture points in the body, generally by using fine stainless steel needles. In some cases a small electrical impulse is added to the needles. An acupuncture treatment consists of insertion of tiny, hair-thin needles into specific acupuncture points along the meridians. No, it does not hurt. A person may feel a slight pinch as the needle goes in, but the most common reported sensation is a tingling or feeling of warmth. After an acupuncture appointment, most patients report an overall feeling of wellbeing and positive outlook. Acupuncture: Research Supports Efficacy. Benefits of Acupuncture Drug-free pain relief Low risk, minimal side effects Treats the cause as well as symptoms. Clear scientific evidence supports the use of acupuncture for the following conditions: Osteoarthritis Infertility Nausea, including pregnancy and Chemotherapy related Headaches, including migraines Stress Management including Post Traumatic Stress Disorder Neuropathy Side effects of Chemotherapy and Radiation Addiction Recovery Research: For Depression: People with depression may benefit as much from acupuncture as they do from counseling, suggests a new study by University of York in the UK. For Osteoarthritis: Knee osteoarthritis occurs when the cartilage at the knee joint wears away, causing pain and stiffness. A new small study shows that acupuncture could help to relieve symptoms, too. The study was published in Acupuncture in Medicine. For Infertility: Because infertility is often an condition that stems from stress, anxiety, and energy channels that govern the body's organs (including reproductive organs) many studies show acupuncture to be effective. For Nausea: The effect of acupuncture on chemotherapy-induced nausea and vomiting has been studied over the past 20 years, and clinical evidence gathered to date has been favorable. Current practice guidelines recommend acupuncture as a complementary therapy for uncontrolled nausea and vomiting induced by chemotherapy. For Headaches/Migraines: Acupuncture has been shown to help reduce the number of days suffered with migraines and may have lasting effects, according to a new study published in the Canadian Medical Association Journal. For Stress Management and PTSD: A randomized, controlled pilot trial indicates that acupuncture may be efficacious for reducing symptoms of PTSD, depression and anxiety. For Neuropathy: Data suggests that there is a positive effect of acupuncture on peripheral neuropathy. For Side Effects of Chemotherapy and Radiation: And, acupuncture may help ease the severe nerve pain associated

with certain cancer drugs, suggests a small preliminary study published in Acupuncture in Medicine. For Addiction Recovery: The effects of acupuncture on opiate addiction have been investigated in many clinical trials. The present review systematically analyzed data from randomized clinical trials published in Chinese and English since 1970. It found that the majority agreed on the efficacy of acupuncture as a strategy for the treatment of opiate addiction."

e) from hartacu.com/insurance:

"Insurance Information Dr. Burkhart is accepting new patients for naturopathy. Appointments can be virtual or in our office in West Hartford. There is a six-page intake form and several consent forms that we require to be completed and returned to us by the day before your appointment. If you want to put through insurance, we do not confirm benefits. We are in-network with Aetna, Anthem, Cigna and ConnectiCare only here in Connecticut for naturopathy. We do not submit to out-of-network insurers. Naturopathy will fall into the specialist category as they are not allowed to be primary care doctors as mandated by the state. When you call your carrier to see what kind of coverage you have for naturopathy, the CPT codes are: 99204, 99205, 99214, 99215 and 99417. If you do have coverage, be sure to ask about copays, coinsurance and deductibles. Please note that patients are financially responsible for any balance not covered by insurance. Dr. Burkhart is accepting new patients for acupuncture. There is a discounted self pay rate available. If you want to put through insurance, we do not confirm benefits. We are in-network with Aetna, Anthem and Cigna only here in Connecticut, NOT CONNECTICARE. We do not submit to out-of-network insurers. Many of these insurance providers do not provide acupuncture coverage as part of their standard coverage. However, company/individual policies may have additions or riders on their own policies to specifically include some type of acupuncture treatment. You can call your provider to see if the following codes for procedure codes for acupuncture are covered - 97810 & 97811. If you do have acupuncture benefits you then want to follow up with "is coverage diagnosis dependent?" Meaning they only cover specific diagnoses, so you will need to explain the reason for your visit. You will also want to inquire if there is a limit per year. Also, we strongly recommend getting a reference number for that call, so if your claim is denied, you will have it to challenge any denial. Please note that patients are financially responsible for any balance not covered by insurance. Pauline Weissman is accepting new nutritional patients. Appointment can be virtual or in our office in West Hartford. There is a four-page intake form and several consent forms that we require to be completed and returned to us by the day before your appointment. Pauline is in-network with Aetna, Anthem, Cigna and ConnectiCare only. We are in network with Medicare but for only two specific diagnoses: renal disease and diabetes. If you have Medicare coverage and have one of those two diagnoses, you will need to provide a referral from the diagnosing physician. We do not confirm benefits. We do not submit to out-of-network or secondary insurers. Nutrition may be part of an overall wellness benefit. You can call your provider to see if the following codes for procedure codes for nutrition are covered - 97802, 97803 & 99404. Be advised a medical referral

may be necessary for coverage. Your doctor can fax your referral to us at: 860-606-9828."

f) from hartacu.com:

"Welcome to Hart Acupuncture and Nutrition We believe in the power of natural healing and strive to provide personalized care that addresses your unique health needs. Our team of skilled practitioners combines ancient wisdom with modern techniques to help you achieve optimal well-being. BOOK APPOINTMENT Returning Patients Only Why Choose Us Highly Skilled Practitioners: Dr. Kara Burkhart and Pauline Weissman are qualified and experienced professionals who are dedicated to providing you with the highest level of care. Holistic Approach: We treat you as a whole person, taking into account your physical, mental, and emotional well-being to promote comprehensive healing. Personalized Care: We believe in individualized treatment plans that are tailored to your unique needs, ensuring that you receive the attention and support you deserve. Evidence-Based Practices: Our services are grounded in scientific research and traditional wisdom, combining the best of both worlds to deliver effective results. Warm and Welcoming Environment: From the moment you step into our clinic, you'll experience a soothing atmosphere that promotes relaxation and rejuvenation. BOOK APPOINTMENT Returning Patients Only OUR SERVICES. Learn About Our Treatments. Acupuncture. Acupuncture is among the oldest natural medicine still used today. It has been practiced for thousands of years. Chinese culture documents 3,000 years of using acupuncture as a therapeutic method. European history of acupuncture use may be even older. A 5,300 year old man's body was found in the Italian Alps with what appears to be tattoos tracing meridians and acupuncture points still recognized today. According to the philosophy of traditional acupuncture, energy circulates in 'meridians' located throughout the body. Learn More Naturopathic Medicine. Naturopathic Doctors are world class experts in natural medicine. Trained as primary care doctors, naturopathic doctors are licensed to diagnose disease and order appropriate labs and imaging. Therapeutics used are personalized to the patient and include herbal medicine, homeopathy, hydrotherapy, dietary changes and lifestyle recommendations. Naturopathic medicine is based on the belief that the human body has an innate healing ability. Naturopathic doctors (NDs) teach their patients to use diet, exercise, lifestyle changes and therapies to enhance their bodies' ability to ward off and combat disease. Learn More Nutrition Nutrition is the cornerstone of good health. More and more evidence is supporting the idea that proper food choices are linked with disease prevention and halting progression of existing disease. Supplementing with key nutrients that are missing from the average diet and difficult to obtain from the most conscientious diet is important to optimizing health. Focusing on "food as medicine," Pauline Weissman will address any of your health concerns from a dietary prospective [sic] in addition to providing very specific nutritional advice. Learn More OUR TEAM Meet Our Practitioners Dr. Kara Burkhart, N.D. L.Ac, FABORM."

050. NDs Bender, De Simone, DiNello, Stagg Pages at wholehealthllc.com

a) from wholehealthllc.com/providers/dr-karen-bender:

“Dr. Karen Bender. Naturopathic Physician. Clinical Focus. Integrative Solutions to Stress, Anxiety, and Depression. Treatment is focused on the evaluation and treatment of all underlining factors that can contribute to these symptoms and includes the following: Improved digestive functioning and microbiome (healthy “good” bacteria) balancing. Hormone balancing: estrogen, progesterone, testosterone, cortisol, melatonin, thyroid, insulin. Identifying and addressing nutritional deficiencies and food allergies. Identification and safe detoxification from harmful toxins that can affect the brain and nervous system. Stress resiliency training with biofeedback. Partnership with a counselor for emotional support and to learn practical stress management skills. Genetic testing to guide medication recommendations when indicated. This can reduce the incidence of side effects and increase the effectiveness of medication. Education: Doctorate in Naturopathic Medicine from Bastyr University, Bachelor of Science in Nursing from The University of Arizona. Philosophy: Dr. Karen Bender began her career as a nurse. She then received her doctoral degree in naturopathic medicine so she could more fully practice the naturopathic approach of focusing on disease prevention and treating the whole person, mind, body, and spirit. Dr. Bender integrates and balances her knowledge and experience with conventional and naturopathic medicines to find the least invasive, effective therapeutic intervention. She believes in finding the root cause of illness so that the body can be supported in healing itself. Using tools such as biofeedback and mindfulness practices, Dr. Bender guides you to discover your own inner wisdom and self-compassion to assist you in this process. Having gone through her own healing journey, Dr. Bender empathizes with the struggles many face when experiencing chronic stress, anxiety, and depression. She is eager to listen to your unique story and facilitate your wellness journey!”

b) from wholehealthllc.com/providers/dr-ashleigh-de-simone:

“Dr. Ashleigh De Simone. Naturopathic Physician. Clinical Focus. Women’s Health: PMS Painful or regular periods Menopausal concerns Children’s Health ADHD Anxiety Constipation Reflux, gas and bloating Allergies and asthma Eczema Period problems Support for autistic children and teens Suspected food Allergies and intolerances Frequent ear infections Picky eaters Sleep concerns Optimal health of infants through teens Thyroid and Hormonal health Metabolic health and Weight Management Gastrointestinal and Digestive concerns Urinary health and Recurrent UTIs Mental health Sleep concerns. Additional Clinical Training & Services: Acupuncture & Traditional Chinese Medicine (TCM), Diet & Nutrition Counseling. Education: Doctorate in Naturopathic Medicine, CCNM, Bachelor of Science in Nutrition, Dietetics & Public Health, NYU. Philosophy: Dr. Ashleigh De Simone earned her Doctorate in Naturopathic Medicine from the Canadian College of Naturopathic Medicine where she completed additional specialized training in naturopathic pediatric care, Traditional Chinese Medicine, and acupuncture. Prior to her career as a naturopathic physician, Dr. De Simone studied Nutrition, Dietetics & Public Health at New York University. During her time at NYU, Dr. De Simone worked as an integrative medicine intern for NYU Langone Health. She saw first-hand the significant impact and benefits naturopathic medicine brings to patient care which inspired her to become a naturopathic physician. Passionate about pediatric health,

Dr. De Simone completed specialized training in treating chronic conditions in children using safe, gentle, and effective natural remedies. Dr. De Simone also completed clinical training in Traditional Chinese Medicine (TCM) and acupuncture in order to be able to offer patients further safe and effective treatment options for restoring balance and promote healing. Dr. De Simone works to bridge the gap between conventional medical care and integrative medicine by using both new research and traditional naturopathic therapies to guide treatment. She collaborates with each patient to create individualized treatment plans and works to empower each patient with the necessary information and tools, so they are able to achieve and maintain a more optimal state of health."

c) from wholehealthllc.com/providers/dr-katie-dinello:

"Dr. Katie DiNello. Naturopathic Physician. Clinical Focus: Functional Medicine Weight Loss and Metabolic Syndrome/GLP-1 Support Athletic Performance and Optimization Customized Nutrition Plans and Nutritional Deficiencies Gastrointestinal Conditions Women's Health Infertility and Preconception Care Hormone Health and Optimization Cardiovascular Disease and Diabetes Stress Management Anxiety/Depression Insomnia Thyroid Disorders including Hashimoto's and Grave's Disease Craniosacral Therapy and Visceral Manipulation. Education: Bastyr University, ND University of Connecticut, BS Institute for Functional Medicine, IFMCP. Philosophy: After spending six years in Washington to complete medical school and residency, Dr. DiNello returned to Connecticut where she was born and raised. Dr. DiNello's undergraduate studies in nutritional science and personal healing journey redirected her path from conventional to naturopathic medical school where she experienced the power of an integrative medicine approach in identifying and treating the underlying causes of disease. She is deeply passionate about providing affordable and accessible medicine that is personalized to a patient's unique needs. She believes her role as a physician is to help patients make empowered, educated decisions about their health care. Dr. DiNello is certified in functional medicine through the Institute for Functional Medicine. She has specific interests in integrative approaches for optimizing athletic performance, weight loss, and balancing hormones but also treats gastrointestinal conditions, anxiety and depression, cardiovascular disease, and diabetes. The beauty of naturopathic medicine is its diverse array of treatment potentials based on a patient's specialized and personal needs. Dr. DiNello employs techniques including craniosacral therapy and visceral manipulation to restore motion while incorporating nutrition, botanical medicine, and nutraceuticals to address foundational health. When Dr. DiNello is not at clinic you can find her chasing her two sons and dog, lifting in the gym, running marathons, hiking, and skiing. She is also an amateur coffee lover, baker, and houseplant mom."

d) from wholehealthllc.com/providers/dr-jennifer-j-stagg:

"Dr. Jennifer J. Stagg. Naturopathic Physician, Medical Director of Whole Health Wellness Center. Education: Bastyr University, ND Memorial University of Newfoundland, Canada, BS, Biochemistry & Nutrition. Clinical Focus: Autoimmune Disease (Hashimoto's, RA, Lupus, Fibromyalgia, Fatigue) Cholesterol, Glucose and

Metabolic Disorders Digestive Conditions (SIBO, IBS, IBD, Celiac, GERD, Food Intolerance) Healthy Aging Weight Management Women ‘s Health (Thyroid, Menopause, Osteoporosis, Anxiety/Depression, Stress). Biography: Dr. Jennifer Stagg is a leader in the field of integrative health and wellness, dedicated to guiding patients on their journey to true healing by addressing the intricate connections between mind, body, and spirit. As the founder and medical director of Whole Health Wellness Center, she believes that optimal health is achieved not only through science and medicine but also through self-awareness, emotional balance, and spiritual well-being. Dr. Stagg’s areas of expertise include digestive health, weight loss resistance and nutrition, healthy aging, metabolic and autoimmune disorders, and neuroinflammatory conditions. She works closely with each patient to uncover the root causes of health challenges and develop personalized healing strategies. Her approach blends cutting-edge research with the timeless wisdom that health is deeply influenced by mindset, purpose, and inner harmony. A recognized authority in her field, Dr. Stagg is an author, speaker, and educator who regularly trains other healthcare providers across the country and internationally. She is frequently invited to present at medical conferences and serve on scientific advisory boards, shaping the future of patient care through education and innovation. She is also a trusted voice in wellness, regularly appearing on television to discuss current health topics and breakthroughs. Her work has been widely featured in the media, and she is the author of The Bitter Prescription and Unzip Your Genes. With a background in biochemistry and extensive experience in clinical research, Dr. Stagg is committed to continuous learning and incorporating the latest advancements into individualized healing plans. As a mother of three, she understands the complexities of modern life and the need for a balanced, holistic approach to well-being. At Whole Health Wellness Center, Dr. Stagg and her team empower patients to take charge of their health, recognizing that true healing comes not just from treating the body, but from nurturing the mind and spirit as well.”

e) from wholehealthllc.com/services/craniosacral-therapy:

“What is Craniosacral Therapy? Craniosacral Therapy is a gentle form of bodywork that releases tension in the nervous system. It was developed in the 1900s by osteopath William G. Sutherland. Through his training, he observed for the central nervous system to function properly, the bones of the skull must have inherent movements. By the 1930s, he developed gentle techniques for manipulating the skull to treat musculoskeletal symptoms. In the 1970s, physician John Upledger continued and popularized Sutherland’s work. Craniosacral is a form of bodywork that incorporates both physical manipulation and energetic work and aims to create change between organs and emotions. Its foundation lies in quantum physics and a concept called, scale invariance, which describes repetitive patterns. Bones, connective tissue, and fascia are great examples of this. Craniosacral practitioners are trained to feel rhythms of the body from cells, nerves, organs, bones, etc. During a treatment session, the practitioner helps the organ and tissue systems to regain optimal motion and flow by releasing restrictions. In most sessions, patients will lie on their back, side, or stomach while the practitioner uses various gentle

palpation techniques to create small movements in bones and joints, especially those of the skull and pelvis. What conditions does Craniosacral Therapy treat? Acute injuries: neck pain, whiplash, concussions, traumatic brain injuries, and sports injuries Digestive disorders: bloating, constipation, nausea, acid reflux Pelvic conditions: endometriosis, PMS, painful periods Post-surgical scars and adhesions Mental health disorders: anxiety, depression, stress Neurological concerns: headaches, migraines Chronic pain and orthopedic problems Chronic fatigue Fibromyalgia and connective tissue disorders TMJ Insomnia and sleep challenges. How long does Craniosacral Therapy take to work? Responses vary based on the person and conditions being treated. Each individual requires a different frequency and length of treatments. Some may feel the effects very quickly while others may require a few sessions before noticing improvements. What are the side effects and contraindications of Craniosacral Therapy? There are very few side effects, but patients may feel fatigue, mild soreness, or headaches after a session. Contraindications may include infections, open wounds, and severe bleeding disorders. What does Craniosacral Therapy feel like? Craniosacral Therapy feels like gentle compression with stretching. The practitioner may gently lie their hands on various aspects of your skull, sacrum, and extremities. Please click here for additional information about Craniosacral Therapy. What is Visceral Manipulation? Similar to Craniosacral Therapy, the goal of Visceral Manipulation is to restore motion and release restrictions in the body. While Craniosacral focuses on the skull, sacrum, and central nervous system, Visceral Manipulation treats the “viscera” or internal organs. Through gentle manipulations, practitioners feel areas of restriction and release any tension in tissues and organs. Internal organs are surrounded and held in place by connective tissue. When healthy, this tissue should move easily to allow organs to move with your torso. When connective tissue becomes inflamed, your organs can become restricted, which can lead to poor respiration, constipation, abdominal pain, heartburn, period cramps, and much more. What conditions can Visceral Manipulation treat? Acute injuries: neck pain, whiplash, concussions, traumatic brain injuries, and sports injuries Digestive disorders: bloating, constipation, nausea, acid reflux Pelvic conditions: endometriosis, PMS, painful periods Post-surgical scars and adhesions Mental health disorders: anxiety, depression, stress Neurological concerns: fibromyalgia, headaches, migraines. How long does Visceral Manipulation take to work? This varies for each person based on their conditions and needs, and everyone does respond to treatments differently. Many patients feel the benefits of Visceral Manipulation after just a few sessions. What are the side effects and contraindications of Visceral Manipulation? There are very few side effects, but patients may feel fatigue, mild soreness, or headaches after a session. Contraindications may include infections, open wounds, and severe bleeding disorders. What does Visceral Manipulation feel like? Visceral Manipulations feels like gentle stretching with some compression on the area that is being treated. It’s normal for patients to experience some warmth or even tingling at times. This service is offered by the following provider: Dr. Katie DiNello.”

f) from wholehealthllc.com/about-naturopathic-medicine:

“What is Naturopathic Medicine? Founded upon a holistic philosophy, naturopathic medicine combines safe and effective traditional therapies with the most current advances in modern medicine. Naturopathic medicine is appropriate for the management of a broad range of health conditions affecting all people of all ages. Naturopathic physicians (NDs) are the highest trained practitioners in the broadest scope of naturopathic medical modalities. In addition to the basic medical sciences and conventional diagnostics, naturopathic education includes therapeutic nutrition, botanical medicine, homeopathy, natural childbirth, classical Chinese medicine, hydrotherapy, naturopathic manipulative therapy, pharmacology and minor surgery. Definition Of Naturopathic Medicine: Naturopathic medicine is a distinct system of primary health care – an art, science, philosophy and practice of diagnosis, treatment and prevention of illness. Naturopathic medicine is distinguished by the principles which underlie and determine its practice. These principles are based upon the objective observation of the nature of health and disease, and are continually reexamined in the light of scientific advances. Methods used are consistent with these principles and are chosen upon the basis of patient individuality. Naturopathic physicians are primary health care practitioners, whose diverse techniques include modern and traditional, scientific and empirical methods. Definition Of Naturopathic Doctor: Taken from the Dictionary of Occupational Titles (DOT), the government’s book of jobs and job descriptions in America. Diagnoses, treats, and cares for patients, using system of practice that bases treatment of physiological functions and abnormal conditions on natural laws governing human body: Utilizes physiological, psychological, and mechanical methods, such as air, water, light, heat, earth, phytotherapy, food and herb therapy, psychotherapy, electrotherapy, physiotherapy, minor and orificial surgery, mechanotherapy, naturopathic corrections and manipulation, and natural methods or modalities, togeth er with natural medicines natural processed foods, and herbs and nature’s remedies. Excludes major surgery, therapeutic use of x-ray and radium, and use of drugs, except those assimilable substances containing elements or compounds of body tissues and are physiologically compatible to body processes for maintenance of life. Naturopathic Medical Education: A Licensed naturopathic physician (ND) attends a four-year graduate level naturopathic medical school and is educated in all of the same basic sciences as an MD but also studies holistic and nontoxic approaches to therapy with a strong emphasis on disease prevention and optimizing wellness. In addition to a standard medical curriculum, the naturopathic physician is required to complete four years of training in clinical nutrition, acupuncture, homeopathic medicine, botanical medicine, psychology, and counseling (to encourage people to make lifestyle changes in support of their personal health). A naturopathic physician takes rigorous professional board exams so that he or she may be licensed by a state or jurisdiction as a primary care general practice physician. Additional information on naturopathic schools can be found at http://www.aanmc.org/ Naturopathic Medical Education. Comparative Curricula: Comparing Curricula: Naturopathic Med Schools With Conventional Med Schools Key: NCNM = National College of Naturopathic Medicine BASTYR = Bastyr University (Naturopathic Medicine) SWC = Southwest College of Naturopathic Medicine JH = Johns Hopkins YL = Yale ST = Stanford Source: Curriculum Directory of the Association of American Medical Colleges:

Basic and Clinical Sciences:

Anatomy, Cell Biology, Physiology, Histology, Pathology, Biochemistry, Pharmacology, Lab Diagnosis, Neuroscience, Clinical Physical Diagnosis, Genetics, Pharmacognosy, Bio-statistics, Epidemiology, Public Health, History and Philosophy, Ethics, and other coursework.

NCNM	BASTYR	SWC	JH	YL	ST
1548	1639	1419	1771	1420	1383

Clerkships and Allopathic Therapeutics:

including lecture and clinical instruction in Dermatology, Family Medicine, Psychiatry, Medicine, Radiology, Pediatrics, Obstetrics, Gynecology, Neurology, Surgery, Ophthalmology, and clinical electives.

NCNM	BASTYR	SWC	JH	YL	ST
2244	1925	1920	3391	2891(+thesis)	3897

Naturopathic Therapeutics:

Including Botanical Medicine, Homeopathy, Oriental Medicine, Hydrotherapy, Naturopathic Manipulative Therapy, Ayurvedic Medicine, Naturopathic Case Analysis/Management, Naturopathic Philosophy, Advanced Naturopathic Therapeutics.

NCNM	BASTYR	SWC	JH	YL	ST
588	633	900	0	0	0

Therapeutic Nutrition

NCNM	BASTYR	SWC	JH	YL	ST
144	132	130	0	0	0

Counseling

NCNM	BASTYR	SWC	JH	YL	ST
144	143	100	included under psychiatry (see above)	included under psychiatry (see above)	included under psychiatry (see above)

TOTALS

NCNM	BASTYR	SWC	JH	YL	ST
4668	4472	4469	5162	4311(+thesis)	5280

Accredited Schools: The accrediting agency for naturopathic medical schools and programs in North America is the Council on Naturopathic Medical Education

(CNME). The CNME issues a bulletin twice a year giving the accrediting status of each of the institutions it is engaged with. At this time, there are four accredited institutions: Bastyr University 14500 Juanita Drive NE Kenmore, WA 98028 425) 823-1300 Bastyr Natural Health Clinic (206) 632-0354 http://www.bastyr.edu/ National College of Naturopathic Medicine 2220 SW 1st Avenue Portland, OR 97201 (503) 255-7355 http://www.ncnm.edu/ 2232 NW Pettygrove Portland, OR 97210-2608 (503) 255-7355 Southwest College of Naturopathic Medicine and Health Sciences 2140 East Broadway Tempe, AZ 85282 (480) 858-9100 http://www.scnm.edu/ Canadian College of Naturopathic Medicine 1255 Sheppard Avenue East North York, ON M2K 1E2 (416) 498-1255 http://www.ccnm.edu/ University of Bridgeport College of Naturopathic Medicine 60 Lafayette Street Bridgeport, CT 06601(203) 576-4109 http://www.bridgeport.edu/naturopathy For further information on accreditation, please contact the CNME CNME P. O. Box 11426 Eugene, OR 97440-3626 (541) 484-6028 http://www.cnme.org Licensed States and Licensing Authorities Alaska Arizona California Colorado Connecticut District of Columbia Hawaii Kansas Maine Minnesota Montana New Hampshire Oregon Utah Vermont Washington US Territories: Puerto Rico & Virgin Islands. Currently, 13 states and the US territories of Puerto Rico and the US Virgin Islands have licensing laws for naturopathic doctors. In these states, naturopathic doctors are required to graduate from a four-year, residential naturopathic medical school and pass and extensive postdoctoral board examination (NPLEX) in order to receive a license. Licensed naturopathic physicians must fulfill state-mandated continuing education requirements annually, and will have a specific scope of practice defined by their state’s law. The states that currently have licensing laws for naturopathic physicians are on the right. History of Naturopathic Medicine: Naturopathic medicine, sometimes called “naturopathy,” is as old as healing itself and as new as the latest discoveries in biochemical sciences. In the United States, the naturopathic medical profession’s infrastructure is based on accredited educational institutions, professional licensing by a growing number of states, national standards of practice and care, peer review, and an ongoing commitment to state-of-the-art scientific research. Modern American naturopathic physicians (NDs) receive extensive training in and use therapies that are primarily natural (hence the name naturopathic) and nontoxic, including clinical nutrition, homeopathy, botanical medicine, hydrotherapy, physical medicine, and counseling. Many NDs have additional training and certification in acupuncture and home birthing. These contemporary NDs, who have attended naturopathic medical colleges recognized by the US Department of Education, practice medicine as primary health care providers and are increasingly acknowledged as leaders in bringing about progressive changes in the nation’s medical system. The word “naturopathy” was first used in the US 100 years ago. But the natural therapies and the philosophy on which naturopathy is based have been effectively used to treat diseases since ancient times. As Rene Dubos noted in Mirage of Health (1959), the word “physician” is from the Greek root meaning “nature.” Hippocrates, a physician who lived 2,400 years ago, is often considered the earliest predecessor of naturopathic physicians, particularly in terms of his teaching that “nature is healer of all diseases” and his formulation of the concept vis medicatrix naturae – “the healing power of nature.” This concept has long been at the core of indigenous medicine in

many cultures around the world and remains one of the central themes of naturopathic philosophy to this day. The earliest doctors and healers worked with herbs, foods, water, fasting, and tissue manipulation – gentle treatments that do not obscure the body's own healing powers. Today's naturopathic physicians continue to use these therapies as their main tools and to advocate a healthy dose of primary prevention. In addition, modern NDs conduct and make practical use of the latest biochemical research involving nutrition, botanicals, homeopathy, and other natural treatments. For many diseases and conditions (a few examples are ulcerative colitis, asthma, menopause, flu, obesity, and chronic fatigue), treatments used by naturopathic physicians can be primary and even curative. Naturopathic physicians also function within an integrated framework, for example referring patients to an appropriate medical specialist such as an oncologist or a surgeon. Naturopathic therapies can be employed within that context to complement the treatments used by conventionally trained medical doctors. The result is a team-care approach that recognizes the needs of the patient to receive the best overall treatment most appropriate to his or her specific medical condition. Recent History: Naturopathic medicine was popular and widely available throughout the US well into the early part of the 20th century. Around 1920, from coast to coast, there were a number of naturopathic medical schools, thousands of naturopathic physicians, and scores of thousands of patients using naturopathic therapies. But the rise of "scientific medicine," the discovery and increasing use of "miracle drugs" like antibiotics, the institutionalization of a large medical system primarily based (both clinically and economically) on high-tech and pharmaceutical treatments – all of these were associated by mid-century with the temporary decline of naturopathic medicine and most other methods of natural healing. By the 1970s, however, the American public was becoming increasingly disenchanted with conventional medicine. The profound clinical limitations of conventional medicine and its out-of-control costs were becoming obvious, and millions of Americans were inspired to look for "new" options and alternatives. Naturopathy and all of complementary alternative medicine began to enter a new era of rejuvenation. Looking to the Future: Today, licensed naturopathic physicians are experiencing noteworthy clinical successes, providing leadership in innovative natural medical research, enjoying increasing political influence, and looking forward to an unlimited future potential. Both the American public and policy makers are recognizing and contributing to the resurgence of the comprehensive system of health care practiced by NDs. In 1992, the NIH's Office of Alternative Medicine, created by an act of Congress, invited leading naturopathic physicians (educators, researchers, and clinical practitioners) to serve on key federal advisory panels and to help define priorities and design protocols for state-of-the-art alternative medical research. In 1994, the NIH selected Bastyr University as the national center for research on alternative treatments for HIV/AIDS. At a one-million-dollar level of funding, this action represented the formal recognition by the federal government of the legitimacy and significance of naturopathic medicine. Meanwhile, the number of new NDs is steadily increasing, and licensure of naturopathic physicians is expanding into new states. By April of 1996, 11 of 50 states had naturopathic licensing laws (Alaska, Arizona, Connecticut, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, and Washington). A number of other states are

likely to enact naturopathic licensing in the near future. Naturopathic medical education is growing by leaps and bounds. Three of the four US naturopathic medical schools – National College of Naturopathic Medicine, Bastyr University, and Southwest College are accredited. The fourth, the University of Bridgeport College of Naturopathic Medicine, is an applicant for accreditation. Within the past year, all three US naturopathic medical schools and the Canadian College of Naturopathic Medicine in Toronto moved to considerably larger campuses in order to meet the accelerating demand on the part of prospective naturopathic medical students. In 1996, Bastyr University alone had almost 1,000 students enrolled in its various degree-granting programs. In October 1996, in a major development for both public health and naturopathic medicine, the Natural Medicine Clinic opened in Kent, Washington. Funded by the King County (Seattle) Department of Public Health, the clinic is the first medical facility in the nation to offer natural medical treatments to people in the community, paid for by tax dollars. Bastyr University, one of the three US naturopathic colleges, was selected over several leading Seattle-area hospitals to operate the clinic. In the last half of the 1990s, exactly one century after it put down roots in North America, naturopathic medicine is finally enjoying a well-deserved renaissance. The AANP (American Association of Naturopathic Physicians), founded in 1986, is the professional association that represents licensed NDs in the US. www.naturopathic.org. Naturopathic Principles: The Healing Power of Nature – Vis Medicatrix Naturae: Naturopathic medicine recognizes an inherent ability in the body which is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to recovery and to facilitate and augment this healing ability. Identify and Treat the Cause – Tolle Causam: The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than to eliminate or merely suppress symptoms. First Do No Harm – Primum Non Nocere: Naturopathic medicine follows three guidelines to avoid harming the patient: 1) utilize therapies and medicinal substances which minimize the risk of harmful side effects; 2) avoid, when possible, the harmful suppression of symptoms; 3) acknowledge and respect the individual’s healing process, using the least force necessary to diagnose and treat illness. Treat the Whole Person – Holism: Naturopathic physicians treat each individual by taking into account physical, mental, emotional, genetic, environmental, social and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual path. Doctor as Teacher – Docere: Naturopathic physicians educate the patient and encourage self responsibility for health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship. Prevention: Naturopathic physicians emphasize the prevention of disease, assessing risk factors and hereditary susceptibility to disease and make appropriate interventions to prevent illness. Naturopathic medicine strives to create a healthy world in which humanity may thrive. Wellness: Establishing and maintaining optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought and action. Wellness is inherent in everyone, no matter what disease(s) is/are being experienced. Wellness is recognized and experienced by an individual. When one is well in spirit they will more quickly heal a given disease than direct treatment of the disease alone. Therapeutic Order: Determinants of Health: Assess the determinants of Health and find the cause of the disturbance to the natural

balance of the body. Stimulate the Healing Power of Nature: Support the bodies natural healing mechanisms and give the body the rest, supportive nutrition and attention necessary for proper functioning. Tonify Systems: Support specifically the effected systems and facilitate normalization of their function. Give physical and biochemical support to the effected tissues and organ systems. Correct Structural Integrity: Manipulate the tissue or bones to facilitate the needed compensation for health to return. Natural Symptomatic Treatment: While attempting further assessment or treatment of the causative factors palliate symptoms at hand while being cautious not to undermine the vis. Synthetic Symptomatic Treatment: Utilize synthetic treatments designed to alter physiological function in order to control the reaction of the body to the disturbance. Surgery, Chemotherapy, etc. When all subtle attempts fail and surgical or suppressive therapy is indicated. Therapeutic Modalities: Naturopathic philosophy serves as the basis for naturopathic practice. The current scope of naturopathic practice includes, but is not limited to: Clinical Nutrition: That food is the best medicine is a cornerstone of naturopathic practice. Many medical conditions can be treated more effectively with foods and nutritional supplements than they can by other means, with fewer complications and side effects. Naturopathic physicians use dietetics, natural hygiene, fasting, and nutritional supplementation in practice. Botanical Medicine: Many plant substances are powerful medicines. Where single chemically-derived drugs may only address a single problem, botanical medicines are able to address a variety of problems simultaneously. Their organic nature makes botanicals compatible with the body’s own chemistry; hence, they can be gently effective with few toxic side effects. Homeopathic Medicine: Homeopathic medicine is based on the principle of “like cures like.” It works on a subtle yet powerful electromagnetic level, gently acting to strengthen the body’s healing and immune response. Physical Medicine: Naturopathic medicine has its own methods of therapeutic manipulation of muscles, bones, and spine. NDs also use ultrasound, diathermy, exercise, massage, water, heat and cold, air, and gentle electrical pulses. Naturopathic Obstetrics: Naturopathic physicians provide natural childbirth care in an out-of-hospital setting. They offer prenatal and postnatal care using modern diagnostic techniques. The naturopathic approach strengthens healthy body functions so that complications associated with pregnancy may be prevented. Psychological Medicine: Mental attitudes and emotional states may influence, or even cause, physical illness. Counseling, nutritional balancing, stress management, hypnotherapy, biofeedback, and other therapies are used to help patients heal on the psychological level. The philosophical principles of naturopathic medicine guide the physician in choosing which therapies are appropriate for the patients particular experience of disease. Naturopathic Model of Disease: When we are presented with a disturbance to our health it leads to irritation. This irritation generates an inflammatory response from the body. The intent of the inflammatory response is to discharge the body of the disturbance and the by-products of the initial inflammation. If the discharge gets suppressed though any number of mechanisms than the inflammation becomes chronic. Repetitive suppressive events can lead, eventually, to degenerative effects. These effects can come in several forms. Tumor, Scar, Ulcer, Atrophy. To heal from the effects of our disturbances, we must support the body’s natural mechanisms. As

we release the disturbance we regain the natural functioning of the effected tissues. Naturopathic physicians focus on supporting the body's innate vital force."

g) from wholehealthllc.com/top-5-remedies-for-seasonal-allergies-in-kids:

"Top 5 Natural Remedies for Seasonal Allergies in Kids. by Dr. Ashleigh De Simone. Seasonal allergies, also known as hay fever or allergic rhinitis, are a common concern for kids. These allergies occur when the immune system overreacts to airborne allergens like pollen from trees, grasses, and weeds. According to the Centers for Disease Control and Prevention (CDC), nearly 7% of children in the United States experience seasonal allergies each year. The timing and severity of symptoms often depend on pollen levels in a given area. Children with a family history of allergies or asthma are at a higher risk of developing seasonal allergies. If your child has seasonal allergies, you may notice symptoms such as sneezing, a runny or stuffy nose, itchy or watery eyes, and an irritated throat. Some children also experience fatigue, coughing, or worsening asthma symptoms. These allergy symptoms can disrupt daily life, making it harder for kids to concentrate in school, sleep well at night, and enjoy outdoor activities. Research published in Pediatrics has shown that children with allergic rhinitis may struggle with focus and academic performance due to sleep disturbances and daytime drowsiness. Seasonal allergies can impact not only a child's physical health but also their emotional and well-being and quality of life. Constant symptoms may lead to frustration, irritability, and decreased participation in sports or outdoor play. Fortunately, there are natural, safe, and effective treatment options to help manage allergies. See Below for the Top 5 Natural Remedies for Seasonal Allergies in Kids. 1.) Quercetin: Quercetin is a potent bioflavonoid found in foods like apples, onions, and berries. It's known for its ability to reduce inflammation and support the immune system. Quercetin works by reducing the body's histamine response, much like over-the-counter antihistamines, but without the long-term health impacts. By calming the body's reaction to allergens, quercetin helps relieve symptoms like sneezing, congestion, and itchy eyes. It also supports respiratory health, which can be especially beneficial for children with both allergies and asthma. 2.) Omega-3 Fatty Acids: Omega-3 fatty acids, found in foods like fatty fish, flaxseeds, and walnuts, are known for their anti-inflammatory properties. Research suggests that omega-3s can reduce inflammation in the body, which may ease common allergy symptoms such as nasal congestion, sneezing, and itchy eyes. Omega-3s also support immune function, helping to balance the body's response to allergens. Some studies have shown that children with higher omega-3 intake experience fewer and less severe allergy symptoms during allergy season. 3.) Bromelain: Bromelain is an enzyme found in pineapple that has gained attention for its potential benefits in managing seasonal allergies in children. Known for its anti-inflammatory and mucolytic (mucus-thinning) properties, bromelain can help reduce nasal swelling and congestion, making it easier for children to breathe during allergy season. It also breaks down mucus, which can be particularly helpful for kids dealing with sinus pressure or runny noses caused by pollen allergies. Some studies suggest that bromelain might even reduce inflammation in the nasal passages, alleviating symptoms like sneezing and sinus discomfort. 4.) Nettle: Nettle, also known as Urtica dioica, is a

plant with a long history of use as a natural remedy for various conditions, including seasonal allergies. Nettle acts as a natural antihistamine by blocking the release of histamine, the chemical responsible for allergy symptoms like sneezing, itchy eyes, and nasal congestion. Studies suggest that nettle can reduce the severity of allergic rhinitis in children, providing relief from symptoms during peak pollen seasons. 5.) Allium Cepa Homeopathic. Allium cepa, made from onions, is a homeopathic remedy commonly used to treat symptoms of seasonal allergies. It can help relieve symptoms like a runny nose, watery eyes, and sneezing. Homeopathy works by stimulating the body's healing processes and balancing the immune system's response to allergens. For kids with seasonal allergies, Allium cepa can reduce the irritation caused by constant sneezing and nasal discharge. Schedule with Dr. Ashleigh De Simone: If you have questions about the best approach to addressing seasonal allergies for your kids, schedule a consultation with Dr. Ashleigh De Simone! Dr. De Simone is passionate about pediatric health and completed specialized training in treating chronic conditions in children using safe, gentle, and effective natural remedies. She works to bridge the gap between conventional medical care and integrative medicine by using both new research and traditional naturopathic therapies to guide treatment. For scheduling, call our office at (860) 674-0111."

h) from youtube.com/watch?v=SosTUO_sa6g:

"Transcription of Episode 01 (in part). Science and supernaturalism mixture: "wisdom that bridges science and spirit […] if you're wondering what naturopathic medicine even is, it's a really beautiful form of medicine that blends science with ancient healing and wisdom […] Bastyr is a really you know founded on you know on foundational principles really naturopathic um you know at its core but it also has a very like science-based program and a research institute […] we also went to a special medical school called Bastyr University out in Washington State […] we have a 4-year medical degree. So, we study physiology, anatomy, biochemistry, the hard stuff, right? But then what's really cool is we get to also study homeopathy, nutrition, plant medicine, physical medicine, and really what's important is that spiritual aspect of medicine, energetic healing, which we both really love. So it's a really nice blend of both modern science and kind of ancient healing and wisdom […]." Claimed virtues: "what we offer patients is empowerment in their own medicine and healing journey […] ee're really here to help people realize that healing is possible, that it doesn't have to be mysterious or sort of out of reach. you could take your health into your own hands with the right guidance, support, and knowledge […] naturopathic medicine offers something different […] it's your body's like mechanism it's innate mechanism to say like something is off here […] removing these obstacles to cure, right, we can allow our body to heal better […] one of those like core principles of naturopathic medicine […] we can encourage your body to heal without these obstacles in the way […] what we call foundations of health […] another thing obviously that sets us apart is this really this concept of personalized medicine." Vitalism: "we're here to explore what it means to heal naturally, intentionally […] what makes it different what naturopathic doctors do is the philosophy […] we really trust in that healing power of the body, the body's

wisdom […] I think one other thing that we should touch on here is um this naturopathic principle called the vital force. This is a really important topic. It's not woo woo medicine, right? This is um it's the true essence of our body's innate ability to heal […] all of that is just this like innate wisdom of nature, right? And so, it's really cool how we really emphasize that in naturopathic medicine and a lot of the approaches we take are are to support that vital healing […] there are things that impact that vital force. So things like environmental toxins, all the processed foods, like it really does like affect the vital force […] that vital force […] that source, right? Our bodies know what to do […] awaken the wisdom within."

i) from wholehealthllc.com/about-acupuncture:

"Definition. From the Dictionary of Occupational Titles (DOT), the government's book of jobs and job descriptions in America: Administers specific therapeutic treatment of symptoms and disorders amenable to acupuncture procedures, as specifically indicated by supervising physician: Reviews patient's medical history, physical findings, and diagnosis made by physician to ascertain symptoms or disorder to be treated. Selects needles of various lengths, according to location of insertion. Inserts needles at locations of body known to be efficacious to certain disorders, utilizing knowledge of acupuncture points and their functions. Leaves needles in patient for specific length of time, according to symptom or disorder treated, and removes needles. Burns bark of mugwort tree in small strainer to administer moxibustion treatment. Covers insertion area with cloth and rubs strainer over cloth to impart heat and assist in relieving patient's symptoms. Connecticut law requires only skilled professionals to practice acupuncture. Physicians must complete 60 hours of postsecondary study. Acupuncturists are required to have successful completion of a course of study from an accredited program by the Accreditation Commission for Acupuncture and Oriental Medicine. Philosophy: The driving force behind acupuncture is the belief that the body is a bustling network of information and energy with the tools to heal and rejuvenate itself. Acupuncture seeks to aid the body in this healing by promoting the healthy flow of energy throughout that network. Central to this effort is the concept of Qi. Qi is a life force and represents air. It is flowing throughout the body, providing energy, nourishment, and information. Qi is created by the body's organs and flows along highways called meridians. The ability of Qi to flow along these meridians as required, is important to the natural healing capabilities of the body, and it is along these meridians that the flow of Qi can be manipulated with the stimulation of specific points on the body. Yin Yang represents balance and harmony in equilibrium. It is when the body is balanced that optimal health and wellbeing are achieved. Yin is open, receptive, and cool, while Yang represents movement and heat. Certain symptoms or conditions fall into one of these two categories or represents an imbalance in them. Acupuncture seeks to aid in the flow of energy, to equalize these forces in the body and achieve equilibrium. History: Acupuncture has been identified as a component of one of the oldest paradigms of medicine recorded. Ancient Chinese medicine boasts the oldest medical text on earth, The Yellow Emperor's Canon of Medicine, a text still utilized today by TCM practitioners. This book is estimated to have been written between 221 BC and 220 AD. Other

literature of that time period, including Nan Jing, outlines origins of disease, detailed and complex methods of diagnosis and treatments including a system of therapeutic needling. The earliest record of acupuncture and pulse diagnosis in practice was around 500 BC, a physician named Bian Que. All of the medical works written by Que have been lost, but were thought to document much of his practice of acupuncture. Huangfu Mi (214-282 AD) was the first to compile a monograph on acupuncture, which included 12 volumes detailing the practice and theory of Traditional Chinese Medicine and acupuncture. Acupuncture did not find its way to the West for centuries, but was of interest to physicians as soon as they were exposed to it. Acupuncture, as a term, came from a Dutch physician, Rhyne during his visit to Asia during the early 17th century. In 1821, John Churchill was responsible for publishing works describing treatments involving acupuncture. Acupuncture and its treatment for pain was referenced in 1823 in the first edition of Lancet, a medical journal still respected today. In 1997, the Natural Institute of Health hosted a consensus conference on acupuncture, developing the definition: Acupuncture describes a family of procedures involving stimulation of anatomical locations on the skin by a variety of techniques. There are a variety of approaches to diagnosis and treatment in American acupuncture, which incorporates medical traditions from China, Japan, Korea, and other countries. The most studied mechanism of stimulation of acupuncture points employs penetration of the skin by thin, solid, metallic needles, which are manipulated manually or by electrical stimulation. Acupuncture continues to grow in popularity in the United States. It is estimated that one in 10 Americans have tried some form of acupuncture. Forty-three states license practitioners and thirty states do not require a physician’s referral. References: www.ct.gov www.naturalmedtext.com. Acupuncture. Consensus Development Conference Statement. National Institutes of Health. November 3-5, 1997. Available online [accessed August 25, 2004].”

051. ND Tyson Pages at passifloraholistichealth.com

a) from passifloraholistichealth.com:

“Welcome If you want to be treated as a unique whole person in your medical care, you have arrived at the right place. It would be an honor to be your doctor. As a licensed Naturopathic Medical Doctor, I welcome women, men and children (3+ years old) who desire personalized, patient-centered medical care. I treat both acute and chronic imbalances. I take seriously the root meaning of the word 'doctor which means 'teacher.' I take the time to share my knowledge with my clients, both in the clinical setting and through my community events and newsletter. Being a Naturopathic Doctor (ND) means the focus is going to be on you as a whole person and getting to the root cause of health imbalances to help restore your body's natural state, wellness. The emphasis will be on helping your body be well naturally, operating in the sweet spot between science, ancient wisdom, natural wellness and common sense. You have arrived, take a breath, and re-imagine what medical care looks like. If you are intrigued by this approach, read on…. I would be honored to be YOUR DOCTOR. As Your Doctor: I will dig deep to do a thorough intake to understand the physical, mental and emotional components that shape you, your health and your wellness. I will educate you in all components of your health from

understanding the clinical significance of your labs to making a health plan that is actionable for you. Naturopathic Physicians bring the most training in the medical field to understand “food as medicine”, botanical medicine, lifestyle interventions, and functional lab testing in developing a personalized medical plan for you. Services Naturopathic Medicine Naturopathic Medicine is a detailed and comprehensive medical system that sees you, the patient, as a unique person. We know that the choices you make in food and lifestyle affect not only your physical body, but your mental and emotional state as well. We are medical General Practitioners who see you as a whole and will not only treat your current “dis-ease”, but restore you to an overall state of vitality, health, and wellness. Read More Nutritional Genomics Your genes are a blueprint, but not your destiny. By understanding your epigenetics, how your genes are expressed, a clinical and scientifically actionable plan can be developed to optimize your health. Read More Botanical Medicine Botanical/Herbal medicine has been a core part of every culture throughout all of history as a healing modality. Today, we have so much science behind the use of botanical medicine and so much understanding of how botanical medicines can prevent, heal and rejuvenate our bodies. Read More Traditional & Functional Lab Testing A comprehensive approach to wellness using traditional labs and imaging, combined with extensive Functional Lab Assessments, as needed, to get to the root of the problem. Read More Ayurvedic Lifestyle Ayurveda, the Science of Life, provides us with deep insights as to how to optimize our health to work best with the rhythms of the day (circadian and ultradian), the rhythms of the month (infradian) and the rhythms of the year and our lives. Read More Constitutional Hydrotherapy In this treatment, alternating hot and cold water is gently applied to the torso with the adjunct of sine wave therapy at various points during the treatment. Benefits include improvement in immunity, circulation, digestion, and decreasing stressors on the nervous system. Read More Homeopathy Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA. Read More Seasonal Cleansing Your own personal wellness journey can be assisted by being part of a community. We will be offering Seasonal Transition health reboot programs, as well as other events that will help you to engage, learn and take back "power" for you own health. Sign-up for our newsletter or watch on Social Media for our upcoming community events. Let this practice be your “medical home”. The Mission of Passiflora Holistic Health is to: EMPOWER YOU HONOR YOU AS THE OWNER OF YOUR BODY ENABLE YOU TO FEEL SAFE AND LISTENED TO GET TO THE ROOT CAUSE BE ON YOUR WELLNESS TEAM HELP YOU TO FIND A WELLNESS COMMUNITY PROVIDE YOU WITH KNOWLEDGE AND AGENCY ENHANCE THE WELLNESS IN YOUR LIFESPAN (PREVENTION) Have the honor of you choosing me to be YOUR DOCTOR and being on your team to get to the root of your health imbalance. Create a sustainable plan to keep you moving in the direction of health, wellness and vitality. The world of supplements and food is confusing and it shouldn’t be. My goal is to simplify it for you, educate you, and, in a way that is actionable for you, guide you to wellness habits. Support your health, wellness and vitality with a range of personalized “holistic” healthcare options including “food as medicine”, botanical medicine, mind-body medicine, Ayurveda, hydrotherapy, homeopathy and nutritional counseling. Empower you with

knowledge and agency to keep yourself well and prevent imbalances before they turn into “dis-ease”. Play a key role in being part of the local community in “giving back” knowledge and education, acknowledging the key role that community has in creating health. Support businesses that play a role bettering health, wellness and vitality which is inextricably linked to the health of our environment and planet Nurture you with our high-quality botanical medicine selections of loose bulk herbs and powders, custom tea blends (tisanes), and botanical medicine tinctures. And, educating you about how botanical medicine can play a role in your life. Help you to obtain the highest-quality, clinically supported choices in supplements. Support companies that are have the best processes Be a hub for the gathering and sharing of holistic health knowledge and information. The overarching goal is that after you participate in some way with our practice that you are moving your life in the direction of health, wellness and vitality. I am a licensed Naturopathic Physician who would be honored if you chose me to be YOUR DOCTOR. I received my Naturopathic Medical Degree from the nationally accredited Naturopathic Medicine School at the University of Bridgeport in Connecticut in a four-year full time program with over 1,200 hours of clinical experience. Prior and during attending Naturopathic Medical School, I owned Passiflora, a local, organic cafe, tea room and herbal apothecary for 16 years in New Hartford CT. In this business, I combined my passions of “food as medicine”, botanical medicine, education and building community. I still retain my commercial kitchen at my home property in order to integrate personalized “food as medicine” into my Naturopathic Medical Practice. When I was in high school, my father was ahead of the time in taking out our front yard and installing a large organic vegetable that shaped how I viewed food, vegetables and nutrients for the rest of my life. A diversity and depth of educational and life experiences brought me to the door of Naturopathic Medicine. This life-long learning will continue as science continues to evolve, and I plan on learning each day. I do not take lightly the challenging responsibility of being a “doctor”, The root derivation of this word is “docere” meaning to teach, thus, I view part of my responsibility to be education of my patients on their own personal journey to “wellness”, This entails time, listening, thoroughness and presence. My undergraduate degree is from Barnard College/Columbia University in Psychology/Biology, which shapes to this day guiding patients in the links between physical and mental health. In addition to this education, I received my MBA from Columbia University and worked in various capacities as a Strategic Marketing Professional for 20+ years. As part of this work experience, I was trained in qualitative market research and interviewing, which informs my practice in in-depth intakes with patients. I have completed course work for an MS in Nutrition at the University of Bridgeport; studied Herbalism with the renowned herbalist David Winston for 3 years; completed Ayurvedic Lifestyle Certification (at Kripalu Yoga Center in Lenox MA) and completed am about to complete Homeopathic Certification with the New England School of Homeopathy (NESH). I am passionate about the body’s natural ability to be vital and well, and to restore homeodynamics after it is thrown out of balance by all the stressors of illness and/or day to day living. I am the proud mother of 5 children and 5 grandchildren. I love yoga, walking in nature, libraries and museums and my amazing local community. I was raised in Watertown CT and am honored to be able to offer Naturopathic Medicine in an area

of the country where I feel strong roots. Key Highlights of My Background: Licensed Naturopathic Medical Doctor. University of Bridgeport School of Naturopathic Medicine, Cum Laude, 4 ½ years full-time. Owner, Passiflora Cafe, Tea Room and Herbal Apothecary in New Hartford, CT for 16 years. MS, Nutrition. University of Bridgeport Nutrition Institute. Completed coursework in 2014. Ayurvedic Lifestyle Counselor, Kripalu School of Ayurveda, Lenox MA Certification in Herbal Studies (3 years), David Winston, School of Herbal Studies. 2007 to 2009 Studied with Herbalists Dr. LIndsay Chimileski, Dr. Eugene Zampieron, David Winston, Guido Mase, Rosemary Gladstar, and David Dalton (flower essences) and many more herbalists, elders and mentors who have guided my botanical medicine learning MBA Finance/Operations Management, Columbia Business School, Columbia University, New York City, Beta Gamma Sigma BS Psychology/Biology, Barnard College/Columbia University,, New York City, Cum Laude. Love to present wellness, lifestyle, “food as medicine”, botanical medicine and wellness/health information in an accessible way Studying with Dr. Paul Herscu and Amy Rothenbery at the New England School of Homeopathy (NESH). Conditions I Work With As a Naturopathic Medical practice, I am in a “general practice”, treating both chronic and acute diseases and imbalances in females, males and youth (3 + years old). I recognize that you are a lot more than your symptoms. My goal is to get to the “root” of your problem, restore wellness and vitality and prevent future disease. Below is an overview of some of the key conditions that I treat. Women's Care Empowering, Educating, Listening…Women’s Healthcare Re-imagined. I take a comprehensive and empowering approach with natural treatments for a wide range of women’s healthcare, including menstrual cycle re-balancing, Polycystic Ovarian Syndrome, pre-conception planning, and transitioning to menopause Children's / Youth Care Guiding your whole family to optimize wellness through “food as medicine”, botanicals, lifestyle, exercise, stress reduction and sleep hygiene. Create a natural family “food and holistic medicine chest”. The health of the child is inextricably linked to the health of the family: “food as medicine”, lifestyle, botanicals, exercise, stress reduction, and sleep hygiene. Endocrine Imbalance Helping you to restore metabolic, thyroid and adrenal balance with comprehensive labs, functional testing and treatment plans. In order to create a personalized plan for you, I do a thorough work-up in order to understand how best to modify food, nutrition, and lifestyle to restore you to optimal endocrine system balance. Brain / Mind Health Your mental health is linked to your physical health, nutrition (gut health), lifestyle, and sleep hygiene. In this age of anxiety, let Naturopathic Medicine with its rich “toolbox” and botanical medicine apothecary remove obstacles to feeling well mentally, emotionally and psychologically. Chronic Health Issues Heal, Re-Balance and Prevent with comprehensive lab and functional medicine testing and treatment plans to unwind disease processes and remove “obstacles to cure” in ubiquitous chronic health conditions. Gastroinstestinal Imbalances The “root to good health” is a healthy gut, rich in friendly bacteria, low in inflammation supported by whole foods nutrition. So many of our imbalances begin in the gut Cardiovascular Health Let’s dig deeper than cholesterol to support your cardio-vascular system, creating a long and vital "health-span". Your true cardiovascular and metabolic health relates to more than your cholesterol number. Personalized Skin Care The health of our skin is often a reflection of our gut microbiome and out liver health. We work on the

inside out to heal the skin. Neurological Health Headaches, from tension to migraines, the neurological and long-term effects of Lyme disease and viral illnesses, and recovery from concussions, are all disorders that benefit from Naturopathic Medical care."

b) from passifloraholistichealth.com/conditions-treated/:

"Conditions I Work With: As a Naturopathic Medical practice, I am in a "general practice", treating both chronic and acute diseases and imbalances in females, males and youth (3 + years old). I recognize that you are a lot more than your symptoms. My goal is to get to the "root" of your problem, restore wellness and vitality, and prevent future disease. Below is an overview of some of the key conditions that I treat. Women's Healthcare: Empowering, Educating, Listening… Women's Healthcare Re-imagined I take a comprehensive and empowering approach with natural treatments for a wide range of women's healthcare, including menstrual cycle re-balancing, Polycystic Ovarian Syndrome, pre-conception planning, and transitioning to menopause. As a doctor, I take seriously my responsibility to educate you about your body, while I listen deeply to you as a person. Our menstrual cycles, in their infradian (monthly) rhythms, are a fifth vital sign and menopause is a natural process. We are here to support your individual journey and help you restore balance in the following areas: Menstrual imbalances; PMS Fibroids Endometriosis Polycystic Ovarian Syndrome (PCOS) Vaginal infections Bladder Infections Interstitial Cystitis Cervical Dysplasia. Smooth Transitions: Going off the Oral Contraceptive Pill Preconception Planning Fertility Support Peri-menopausal/menopausal years Osteoporosis Balance weight as relates to metabolic balance and vitality. In the future, I will be offering women's gynecological examinations. Children's/Youth Healthcare (3+ years old): Guiding your whole family to optimize wellness through "food as medicine", botanicals, lifestyle, exercise, stress reduction and sleep hygiene. Create a natural family "food and holistic medicine chest". The health of the child is inextricably linked to the health of the family: "food as medicine", lifestyle, botanicals, exercise, stress reduction, and sleep hygiene. In our culture, mental, emotional, and physical health are inextricably linked. I see children and adolescents over 3 years old. The focus is on: Food as medicine for the family; with an eye to budget, habits, skills, and meeting the family where they are at. Botanical Medicine and Homeopathy. These are gentle but powerful forms of medicine which play a key role in wellness. Helping families to develop a "holistic medicine chest" including foods, herbs, homeopathy, hydrotherapy, and essential oils. Treating acute issues such as coughs, colds, fevers, rashes, ear infections, diarrhea; as well as chronic issues such as asthma and eczema Assessing root causes of mental health imbalances when they relate to diet, lifestyle, stress and/or sleep hygiene Providing families with nutritional counseling Assessing for food allergies Supporting attention, focus and brain health Helping to identify and remove environmental toxins. Note that as a licensed Naturopathic Physician in the state of CT, I do not prescribe pharmaceuticals or administer vaccinations. I am not licensed in this State to provide vaccination exemptions. However, if you are looking for a partner in your family's wellness who will work with your pediatrician and be on your medical team, I am honored to do

so. Endocrine Imbalances: Helping you to restore metabolic, thyroid and adrenal balance with comprehensive labs, functional testing and treatment plans. Blood sugar and metabolic imbalances, thyroid imbalances and adrenal dysfunctions, exacerbated by stressors, are all highly prevalent. In order to create a personalized plan for you, I do a thorough work-up in order to understand how best to modify food, nutrition, and lifestyle to restore you to optimal endocrine system balance. Conditions treated include: Hypothyroid Hashimoto's Thyroiditis (Autoimmunity) Hyperthyroid Type II diabetes Metabolic imbalance Low testosterone Adrenal gland imbalances Other hormonal imbalances. Brain and Mental Health: Your mental health is linked to your physical health, nutrition (gut health), lifestyle, and sleep hygiene. In this age of anxiety, let Naturopathic Medicine with its rich “toolbox” and botanical medicine apothecary remove obstacles to feeling well mentally, emotionally and psychologically. We are living in the age of anxiety and stress. Thankfully, there is a plethora of research about foundational changes you can make in your life in your food and lifestyle choices that will move you in the direction of increased mental balance. Botanical medicine (including herbs and flower essences) also has a wide “toolbox” to help in this area. Removing obstacles to your wellness is part of our mission. We will work together to develop an in-depth understanding of all the factors that are affecting your brain and mental health (including all your neurotransmitters; not just serotonin, for example). Many of these imbalances do begin in the “gut”. We can be part of your team to help with symptoms of: Anxiety Depression Stress reduction techniques Insomnia Memory Issues Brain fog Chronic Viral Symptoms that affect mental health. A complete evaluation of thyroid function, nutrient status, liver function, metabolic balance and, where needed, functional panels such as Organic Acids, Neurotransmitters, Amino Acids, Stool Testing, 3 X 4 genetics, Hair toxicology and mineral analysis are some of the many tools I have to help you to optimize your mental health. Before you visit, please print out and complete an intake form that will guide us in the best ways to support your mental health. Chronic Health Issues/Auto-immunity: Heal, Re-Balance and Prevent with comprehensive lab and functional medicine testing and treatment plans to unwind disease processes and remove “obstacles to cure” in ubiquitous chronic health conditions. Due to our Western ills of toxic “non-food”, stressful living, environmental toxins, chronic diseases, such as autoimmune imbalances that we did not see in 100 years ago, have overtaken healthcare. Let us help you to unwind from these disease processes and remove the obstacles to your body being as well as possible with the following pathologies: Chronic Fatigue Fibromyalgia Autoimmune Pathologies Lyme Disease Food sensitivities Metabolic imbalances Arthritis Osteoporosis Emphysema Chronic Bronchitis Gastrointestinal Imbalances The “root to good health” is a healthy gut, rich in friendly bacteria, low in inflammation supported by whole foods nutrition. So many of our imbalances begin in the gut. With today’s food supply which contains so much added inflammatory sugar, ingredients that we can’t say or don’t know what they are, refined grains and harmful pesticides, we all feel that we are fighting an uphill battle to keep our guts healthy. Having owned an organic cafe for 16 years, I am “hands-on” in making impactful, specific, personalized “food as medicine” recommendations that will help you to wade through the plethora of confusing science by putting “you”, your budget and your habits in these recommendations. I

can help you to heal these imbalances: Heartburn (GERD) Gallbladder disease Ulcers Hemorrhoids Constipation Diarrhea Irritable Bowel Syndrome (IBS) Small Intestinal Bacterial Overgrowth (SIBO) Ulcerative colitis Crohn's disease Celiac Disease Cardiovascular Health Let's dig deeper than cholesterol to keep your life-supporting cardio-vascular system supporting a long and vital healthspan. Your cardiovascular and metabolic health relates to more than your cholesterol number. It is estimated that about 80% of Americans are metabolically imbalanced. Let's work together to run some readily available labs through companies such as Quest diagnostics to do a more in-depth assessment of your risk factors, or more advanced labs if needed. This might include: fasting insulin, A1C hemoglobin, oxidized LDL, homocysteine, hs-CRP to name a few, in addition to standard lipid panels and liver function tests. Then, we can create a plan together that utilizes "food as medicine", lifestyle, stress reduction, sleep hygiene, exercise botanical medicine and targeted supplementation to help you to strengthen, repair and protect these life-supporting systems. In this way, we provide true prevention. In my practice, I treat: Hypertension Metabolic Imbalance Palpitations Arrhythmias Atherosclerosis. Personalized Skin Care The health of our skin is often a reflection of our overall digestive health, the composition of the gut microbiome and our liver health (detox pathways). We work on the inside out to heal the skin. This may include: "food as medicine" to support the gut and liver, skin healing botanical medicine, both internally and topically, stress reduction and homeopathy. These dermatological conditions are treated: Acne Eczema Psoriasis Rosacea Shingle Rashes. In New Hartford, Ct, we are lucky to have an aesthetic practice for skin care that uses only organic all natural products, including lymphatic massage. This is the type of topical interventions that work hand in hand with getting to the root of the skin imbalance internally. Neurological Headaches, from tension to migraines, the neurological and long-term effects of Lyme dx and other viral illnesses, and recovery from concussions are all disorders that benefit from Naturopathic Medical care. Although each of these has a complex etiology, my training in "Food as Medicine", Lifestyle and Botanical Interventions can aid in the path of wellness. In addition, Dr. Lisa Laughlin, ND MS offers Cranial Sacral Therapies out of this office which rebalance the brain, cranial and lymphatic fluids aiding in healing. Contact her directly through this link to schedule an appointment in this office: https://www.naturopathicwellnessllc.com/services/."

c) from passifloraholistichealth.com/services/naturopathy:

"Naturopathic Medicine The six tenets of Naturopathic Medicine will aid you on the Road to Wellness, beginning with getting to the "root cause" of the imbalance. "All big things come from small beginnings and the seed of every habit is a single tiny decision. But as the decision is repeated a habit sprouts and grows stronger." – James Clear, author of Atomic Habits Naturopathic Medicine is a detailed and comprehensive medical system that sees you, the patient, as a unique person. We know that the choices you make in food and lifestyle affect not only your physical body, but your mental and emotional state as well. We are medical General Practitioners who see you as a whole and will not only treat your current "dis-ease", but restore you to an overall state of vitality, health, and wellness. Although our

training is rigorous and we are licensed and pass comprehensive clinical medical board exams, we view ourselves as partners in your wellness journey, as an expert who is providing guidance and coaching to make ourselves in a sense “obsolete”, because you are so well. As Naturopathic Physicians, our diagnostic skills are strong, our testing and interpretation of your imbalances is detailed. But we also offer getting to the root cause and then healing with natural and preventative options. We do so using modalities including: food as medicine, botanical medicine, exercise, lifestyle changes, mind-body medicine, conventional and alternative lab testing, vitamin and nutritional supplementation, and hands-on-therapies. If you want to be treated as a unique, complex intelligent whole person in your medical care, you have arrived at the right place. I would be honored to be YOUR DOCTOR. Guiding Principles FIRST, DO NO HARM A core tenet of MEDICINE. Our extensive training in “food as medicine”, the science behind lifestyle (mind-body medicine, exercise, sleep, to name a few), biochemistry and botanical medicine enables us to provide you with a personalized foundation in the most natural, least invasive and least toxic approaches to wellness. THE HEALING POWER of NATURE Your body’s natural state is wellness. Your body has an innate healing wisdom. We will work with you to identify and to, over time, remove any obstacles to cure, correct any deficiencies and provide the body with the tools and resources that it needs to be well. TREATING the ROOT CAUSE of DISEASE Naturopathic Medical doctors provide that all important role in your WELLNESS journey of not only being interested in WHAT is happening to your body, but WHY it is happening. By identifying the root cause of your illness, we can tailor a plan that is ACTIONABLE to your INDIVIDUAL needs and habits and will move you in the direction of WELLNESS at each visit. DOCTOR as TEACHER The root of the word DOCTOR is “DOCERE” which means “to teach”. No lasting change can be made without educating you, the patient. This includes why we are making recommendations, why we are running labs, what your labs say about your health, and being highly specific and actionable in our recommendations. No real lasting change can be made without tiny daily steps, your understanding of the changes, and your ability to change your day-to-day habits. THE HEALING POWER of NATURE Your body’s natural state is wellness. Your body has an innate healing wisdom. We will work with you to identify and to remove any obstacles to cure, correct any deficiencies and provide the body with the tools and resources that it needs to be well. TREAT the WHOLE PERSON Your body is an interconnected network that has a detailed biochemical communication system. Thus, we listen intently and do complete intakes and physical exams to understand that interconnectedness. How you feel mentally is inextricably linked to your food choices, nutrient status, lifestyle and exercise, and your daily life outside the doctor’s office. We put together a detailed plan that is about you as a WHOLE intelligent, complex, and unique individual. PREVENTION Naturopathic Medicine is part of the solution to our broken American Medical System which waits for a chronic illness (caused perhaps by a food and lifestyle preventable imbalance) before treatment begins. Naturopathic Medicine works with your unique make-up to guide you in prevention in a way that is actionable for you. Resources To Find out more about the Naturopathic Medicine (approach, training and philosophy): What is Naturopathic Medicine? About Naturopathic Medicine – AANP What are the six key tenets of Naturopathic Medicine? The Six Principles of Naturopathic Medicine –

AANMC What is The Therapeutic Order? The Therapeutic Order – AANMC. If this approach resonates with you, take action: Sign up for The Passiflora Monthly Newsletter at the bottom of this page. Schedule a New Patient in Person or Telemedicine Visit Schedule a 15-minute exploratory telephone appointment."

d) from passifloraholistichealth.com/shop:

"Botanical Medicine. Botanical/Herbal medicine has been a core part of every culture throughout all of history as a healing modality. Today, we have so much science behind the use of botanical medicine and so much understanding of how botanical medicines can prevent, heal and rejuvenate our bodies. This medicine is first and foremost in the therapeutic order of "do no harm" after "food as medicine" and lifestyle interventions. As a Naturopathic Physician, there are so many ways in which I will be personalizing the use of botanical medicine for you, combining all the best of current scientific research, clinical significance, and traditional usage. My herbal apothecary is fully stocked with: Organic bulk herbs that can be made into individualized and Passiflora custom tea blends Herbal tinctures and glycerites that will be combined in a personalized way to support your health Organic herbal powders Flower essences Homeopathy. Sourcing is critical in the decision of which brands of products to carry, not only ensuring that the botanical is what it is supposed to be in biochemistry, that it has been extracted in the most scientifically sound way to provide you with the medicine and that the suppliers have the highest reputability in product integrity and support of the health of the plants and the earth. References: Herbal Medicine From the Heart of the Earth by Sharol Marie Tilgner Herbal Formulations from Health Professional: Volume 1 to 5 by Jill Stansbury Adaptogens: Herbs for Strength, Stamina and Stress Relief by David Winston."

e) from passifloraholistichealth.com/services/ayurvedic-lifestyle:

"Ayurvedic Lifestyle Ayurveda, the Science of Life, provides us with deep insights as to how to optimize our health to work best with the rhythms of the day (circadian and ultradian), the rhythms of the month (infradian) and the rhythms of the year and our lives. Ayurveda also gives us a strong context as to how to best use "food as medicine", lifestyle and botanical medicine in a highly personalized way. This is a practice where the emphasis is also very much upon lifestyle habits and consistency. My Ayurvedic training, in understanding the rhythms of the day, the year and life in relation to the energetics of food, botanical medicine and lifestyle is integrated into each patient intake and plan. Book a 60-minute Ayurvedic Wellness Consultation Here."

f) from passifloraholistichealth.com/services/hydrotherapy:

"Hydrotherapy In this treatment, alternating hot and cold water is gently applied to the torso with the adjunct of sine wave therapy at various points during the treatment. Benefits include improvement in immunity, circulation, digestion, and decreasing stressors on the nervous system. Water is necessary for our lives. And, water is a simple, readily available and inexpensive healing modality. There are many ways to think of bringing more of this modality into our lives from drinking

more pure water each day to visiting bodies of water to spiritual herbal bathing. Hydrotherapy is a form of water therapy that has been used by the ancient Greeks through modern times, but now we have the scientific understanding and support for how it works. Constitutional hydrotherapy treatment is a form of “Water Cure” that has been used in practice for over 100 years and has scientific validation. In this treatment, alternating hot and cold water is gently applied to the torso with the adjunct of sine wave therapy at various points during the treatment. This modality was perfected by the Naturopathic physician, Dr. OG Carroll (1879-1962). We know when the body is therapeutically heated or heated to the right level below 103 F with a fever, our innate immune system kicks in monocytes, tumor necrosis factor-alpha, and interferon (our body’s antiviral) which are natural immune boosters. Frequent sauna has been shown to be associated with a 30 to 40 percent risk reduction of developing pneumonia. And cold exposure at the end of a period of hot exposure has been shown to mobilize natural killer cell activity. Some interesting historical observations: The ancient Greeks (including Hippocrates) and ancient Romans used hydrotherapy as a healing modality. Priessnitz popularized what he called hydropathy in the 19th century. Dr John Kellogg used hydrotherapy as the key modality in his sanitariums. Dr. Julius Wagner-Jauregg, who was an Austrian psychiatrist, observed that his patients with neurosyphilis improved with a fever. So he went ahead and infected them with malaria on purpose which cured them of their neurosyphilis from the fever of the malaria. He then he cured them of their malaria using the known techniques at the time for this. A lot of these effective therapies were abandoned with the use of penicillin. But, we live in times where we can return to the science of this powerful, simple and in-expensive healing modality. Therapeutic heating and cooling of the body generates beneficial “heat shock proteins” and antiviral interferon production. Although there are many ways that we can use water as a healing modality in our homes, this rhythmic soothing application in a doctor’s office allows us to optimize the benefits of the water treatment by evaluating for contraindications, monitoring your vital signs, utilizing the approaches developed by Dr. OG Caroll (1879-1962) and creating a soothing, healing environment in which the treatment can take place. Hydrotherapy benefits: Increase blood circulation and the quality of the blood, Enhances blood flow through our organs of elimination, Increases digestion and absorption, Promotes detoxification, Rebalances the nervous system, Enhances immune response, Supports blood flow in the female reproductive system, and Increases circulation. Enhances blood flow to the joints. There are some contraindications to the treatment which is the reason a complete Naturopathic Medical Intake is done prior to the first hydrotherapy session, as well as this will enable us to determine if this modality would benefit you in your healing journey, at this time. What to expect in a constitutional hydrotherapy treatment? This modality is only done on existing patients or ones who have also scheduled an initial naturopathic consultation. The treatment lasts 60 minutes. Come in comfortable clothes and undergarments. Be sure to eat a whole food, plant food diet in the days before, and drink adequate water. An herbal tea will be given at the start of the treatment and a fluid electrolyte-rich drink at the end. The doctor will remain with you during the entire 60-minute visit taking vital signs at various points during the treatment. The specifics of the treatment will be explained to you in advance. Next Steps Book your

initial Naturopathic Session Book your Hydrotherapy visit here - if you have completed your first Naturopathic Medical Visit References My Water-Cure by Sebastian Kneipp The Ultimate Text in Constitutional Hydrotherapy by Dr. Letitia Dick-Kronenberg ND.”

g) from passifloraholistichealth.com/services/homeopathy:

“Homeopathy Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA. Naturopathic Medicine is individualized and personalized. The Naturopathic Medical Doctor is trained to spend time actively listening to the patient in order to treat the individual with the imbalance as opposed to just suppressing or treating the symptom. In “allopathic medicine” (which literally means “other than disease” and is the conventional medical model in the US), the symptom is treated usually with a substance that opposes the symptom. But, at the core, you are not your symptom (s). And, as a result, with solely this method of treatment, you may not get to the root of the imbalance. Although the symptom may be suppressed, you may not get as well as you can be, and you may have other broad reaching effects of the treatment that may not move you in the direction of health. And, the overarching goal in your medical care should be to create wellness and vitality. As a Naturopathic Medical Doctor, one modality that I have in my “toolbox” is Homeopathy, a distinct medical art and science in its own right. Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA. In Homeopathy, minute doses of natural medicines stimulate the body’s inborn healing capacity. The homeopath’s goal is to perceive the patient’s individual physical, mental and emotional “totality'' and prescribe to that person. Homeopathy comes from the two Greek words “homois” which means similar and “pathos” which means suffering. In homeopathy, a substance is prescribed after a detailed intake between the patient and the doctor which identifies this totality of symptoms. Technically, this substance would create the same symptoms in a healthy person if given at high enough dosage. Homeopathy's central philosophy is the law of similars, "Like Cures Like." Dr. Samuel Hahnemann was the first to observe that a substance which causes an illness or a symptom can, in very small doses, cure the same problem by stimulating the organism to realign itself. As the medicine is prepared it is “diluted and agitated”, to potentize it. Don’t stop reading yet if you are skeptical, because we are now at the crossroads of understanding nanoparticles from quantum physics and a biological phenomenon, called hormesis, that guides us in the science of how Homeopathy works scientifically. We are more than a linear biochemical soup, and we know this as we observe that the same treatment works differently in different people, and exposed to the exact same pathogen some will get gravely ill and others will not be affected. Our body actually heals with the process of experiencing small stressors referred to as hormesis. Hormesis is a biological phenomenon whereby a beneficial effect (improved health, stress tolerance, growth or longevity) results from exposure to low doses of an agent that is otherwise toxic or lethal when given at higher doses. - Donald Yance. So in a

higher dose an agent can be toxic, while in a lower dose it can be curative. In the case of homeopathy, the substance is diluted and agitated (potentized) until the remaining molecules of the original substance are below Avogardo' s number (a proportionality factor that relates the number of constituent particles in a sample with the amount of substance in that sample). Due to the preparation process, nanoparticles do remain of the substance. These nanoparticles can initiate hormetic low dose responses that are beneficial to the person. To quote from Dr. Iris Bell MD: Homeopathic remedies are remedy source nanoparticles… that act as environmental stressors to mobilize hormesis and time-dependent sensitization via non-pharmacological effects on specific biological adaptive mechanisms… The remedy nanoparticles, as a low level stressor, then elicit reversal of direction in the pre-established, disease-related maladaptive patterns. The net outcome is improved resilience to stress, with restoration of normal homeostatic function, resolution of disease, and an emergent sense of global well-being. Homeopathic medicines are safe and have been found to be non-allergenic, non-toxic, and free of side effects. They are prepared in homeopathic pharmacies, under strict guidelines established by the FDA. How to explore this form of medicine for your own health? If you believe that a constitutional homeopathic intake is for you, please follow the link below to schedule an appointment. The first appointment will be 90 minutes, during which a complete in-depth interview will be conducted. After the interview, I will do a complete analysis of the interview and contact you with the homeopathic prescription within 3 business days. Most homeopathic remedies are inexpensive and I will provide you with good sources and exact dosages. My recommendations may also include Naturopathic nutritional and lifestyle guidelines. At this time, we will also schedule a follow-up 4 to 6 weeks from the initial appointment for 30 minutes as a check-in to understand the specifics of how you responded to the remedy. For more information on homeopathy, please check out: American Institute of Homeopathy Natural Center for Homeopathy. References Bell IR, Koithan M. A model for homeopathic remedy effects: low dose nanoparticles, allostatic cross-adaptation, and time-dependent sensitization in a complex adaptive system. BMC Complement Altern Med. 2012;12:191. Published 2012 Oct 22. doi:10.1186/1472-6882-12-191 Yance, Donald. Adaptogens in Medical Herbalism: Elite Herbs and Natural for Mastering Stress, Aging and Chronic Disease."

h) from passifloraholistichealth.com/services/nutritional-genomics:

"Nutritional Genomics, 3X4 Community Your genes are a blueprint, but not your destiny. By understanding your epigenetics, how your genes are expressed, a clinical and scientifically actionable plan can be developed to optimize your health. If you understand your individual genetic blueprint, you are in a better position to make choices that will help you to live longer and more healthfully. Your choices in food, exercise, stress reduction, sleep hygiene can influence how your genes behave. This is a key to prevention. Do you want to: Optimize your energy? Understand what nutrients need more support in your diet and/or supplementation? Understand the best forms of exercise for you? Understand in which choices you have a bit more leeway and which choices you have less leeway in to stay feeling vitally healthy? Understand the best choices in your life to optimize and balance

your weight? We have reached a level of scientific knowledge where we can understand your Single Nucleotide Polypeptides (SNPs). SNPs are the variations in your DNA base pairs that make you unique. In this genetic testing, we will only address those that are scientifically proven to be clinically actionable to develop a personalized plan for you in relation to food, lifestyle and supplementation that optimizes your health. The approach: A Complete 90 minute naturopathic medical intake You will receive a genetics test kit with a buccal swab to do at home and send into “3 by 4 genetics”. This test is paid for separately. In approximately 5 weeks, we will meet again in a second 60 minute appointment to review the plan that was put together specifically for you based on the initial intake and the 3 by 4 genetics report. As complex as genetics is, the goal is to make this easy-to-understand and actionable for you. Now, you are empowered with the “guidepost” to make choices and decisions that will most benefit your health. If you feel this type of preventative medicine should be part of your vital health journey, schedule a nutritional genomic appointment which will include a 90-minute initial Naturopathic Medical Consultation and a 60-minute analysis of the genomic result. Note that the 3X4 genetic test kit is paid for separately.”

i) from passifloraholistichealth.com/supplements:

“Supplements The world of supplements is highly confusing. When I have found myself in the supplement aisle of Whole Foods or in a health food store, I see people perplexed and confused as they try to figure out reputable brands, ingredients and dosages. As a Naturopathic physician, I have access to doctor curated lines from reputable companies that have thought through scientific research, validity and evidence, combined with sourcing. In general, many of the imbalances we experience start with lacking foundational nutrients: We evolved eating a wild-harvested diversity of foods throughout the year that contained higher levels of all vitamins, minerals, and essential fats. Because of depleted soils, industrial farming, and hybridization techniques, the animals and vegetables we eat have fewer nutrients Much processed factory foods not only have fewer nutrients but are also a harmful “soup” of toxic pesticides, fertilizers and other chemicals. Thus are body strains to manage and remove these toxins. The total burden of environmental toxins, clearing endogenous hormones, lack of sunlight, and chronic stress leads to higher nutrient needs. And thus to keep ourselves well and out of frequent doctor’s visits, there is a lot we can do that is foundational. In addition, when you have specific imbalances you want to know that the supplements you are taking are what they say they are, that the ingredients are at the right doses, that the ingredients are the best choices to get you well and that the companies are doing the right things in the way they run their businesses. In addition, quality for the price is a consideration. I am sharing with you my curated list of supplements that are Foundational through Fullscript for anybody that accesses my website to purchase in order to help you be well. Click the link below to my “doctor curated” dispensary in full script and you will find products in the following categories: Supporting Women’s Health, Menstrual Health, Prenatal/Fertility, Menopausal Support, Hormonal Imbalance, Adrenal and Thryoid support, Sleep Support, Mind and Body Health, Urinary Health, Gut Health, Detoxification/LIver Support, Reducing

inflammation and pain, Immune Support, and Children’s Health. Some safety rules for supplement use include: Check with a licensed Naturopathic or Functional Medicine practitioner before starting supplements if you are one prescription medications. Not all herbs, supplements or medications go well together. They will help you to make the safest and most effective choice based on your personal medical history More is not better: do not exceed the daily doses or length of time prescribed for supplements. If you develop a new symptom such as a rash, nausea, headache, with no other changes to explain the symptom, stop your supplement immediately and consult with your provider. During pregnancy, supplements are used to address specific nutrients. So, the use of supplements during pregnancy is limited and targeted in this way. Many supplements are safe during lactation but again consult with your Naturopathic Physician or Functional Medicine doctor to make the best choices for you at this transition time.”

j) from passifloraholistichealth.com/traditional-and-functional-lab-testing:

“Traditional and Functional Lab Testing We will run the most detailed labs we can through Traditional Labs, with an eye to insurance coverage and cost in order to get you the most comprehensive analysis to support your wellness. Sometimes, with some chronic health issues, we need to go deeper and there are many valuable Functional Medicine specialty labs available that can play a critical role in getting you well faster. When we need to use them, we will carefully guide you as to the ones that will aid you the most to run and the reasons why. When the results are in, we will help you to understand the information and make it actionable for you as to what are the best steps for you to take in “food as medicine”, lifestyle changes, supplementation and botanical medicine. Here are some of the general categories that these functional labs fall into: Detailed Cardiovascular Panels Genetic and Nutritional Genomic Testing Nutrient Analysis Female Hormone Testing (assessing all enzyme pathways) Environmental Toxin Analysis Heavy Metal Analysis Neurotransmitter Balance Deep-Dives on digestive health (stool testing) GI Map/GI Effects Metabolic Markers Autoimmune Panels Microbiome Analysis Hair Mineral and Toxicology Analysis Food sensitivity panels Organic Acid Testing (shows key biochemical pathways in the body) Cost: Although, I do not accept insurance directly in my practice, you will still be able to submit your insurance to the lab or testing facility to cover all conventional labs, such as through Quest Diagnostics and radiological studies as well, as I am a licensed naturopathic physician in the State of CT. Any additional more detailed labs, such as DUTCH Hormone Testing, Doctor’s Data Hair analysis, Food sensitivity panels, Great Plains Organic Acid Testing, GI Map stool analysis, or 3 X 4 genetics (to name some of the most valuable tests) are paid for out-of-pocket or via HSA or FSA. Your insurance company may or may not reimburse you. Check the details of your plan. We will always discuss with you the exact additional costs of these tests and the potential value to you in achieving wellness. And, I will always try to move you in the direction of wellness without unnecessary testing. I am committed to providing individualized integrative Naturopathic and Functional medical care to my patients. In order to best do so, I have made the difficult decision to be an out-of-network provider for insurance during my first year in practice. This means I do not contract with insurance

companies, and thus, I cannot bill insurance directly. You, however, can submit your receipt (or superbill) given to you at the end of your appointment and see if they will reimburse you or if your payment can be applied to your deductible. The “superbill” will speak the language of the insurance company and include the appropriate diagnostic codes (ICD-10) and the amount of time spent in the appointment that meet the insurance criteria (CPT codes). As a Naturopathic Physician, the amount of time will always be more than the current “drive-thru” medical model that the insurance companies utilize. In the insurance model of care, a 15-minute visit pays more than a thirty minute visit and an hour visit is often not possible. Thus, doctors have a huge incentive to fit more patients into a day. Instead, I will take time to listen deeply, to understand you, get to the root cause of your imbalance and develop a comprehensive plan, tailored to you. This superbill receipt will have the billing and diagnosis codes that you can submit to your insurance company for reimbursement directly from them. The amount you will receive depends upon your out-of-network benefits and your deductible. You can also use your HSA or FSA to pay for services. You pay a lot for insurance and this allows you to be proactive in the kind of care you will receive.”

052. ND Riley Pages at kathleenrileynd.com

a) from kathleenrileynd.com:

“Eclectic Naturopathic Medical Center, LLC. Dr. Kathleen M. Riley, N.D. Welcome At the Eclectic Naturopathic Medical Center, we specialize in providing gentle, effective treatments for acute and chronic illnesses. What is a Naturopathic Physician? Naturopaths believe the body has the power to heal itself and it is their job to assist the body in doing this. Rather than simply treating the symptoms, naturopaths look for the cause of the problem so the patient can have a lasting cure. Naturopaths empower their patients by educating and motivating them to assume more personal responsibility for their health. Naturopathic physicians look to prevent diseases before they happen. This is done through preventative treatments, education and encouraging healthy lifestyle habits. Naturopathic medicine uses safe and effective treatments to maintain optimal health for the patient. Here, health is defined as a state of physical, mental, emotional and spiritual well-being. News Read about Dr Riley performing Bowen Therapy on medical mission to Puerto Rico in May, 2018. Dr Riley wins "Top 10 Naturopath" in Natural Nutmeg's 2017 Readers' Choice Awards. Read Dr Riley's article "You Don’t Have to Suffer with Daily Chronic Pain" in the September, 2017 edition of Natural Nutmeg. Dr Riley featured in the August, 2014 edition of Newington Life. See the article. Contact Us 66 Cedar St, Suite 201 Newington, CT 06111 Phone: (860) 665-1254 Fax: (860) 665-7135.”

b) from kathleenrileynd.com/Therapies.php:

“Eclectic Naturopathic Medical Center, LLC Dr. Kathleen M. Riley, N.D. The use of treatments discussed on this site require doctor evaluation, laboratory testing and consideration of the risks, benefits, and other options before they are recommended or prescribed. No offer is being made for any treatment without undergoing a proper clinical work-up, discussion about the nature of the evidence, risks, benefits for a therapeutic approach specific to the patient including a discussion of

treatment options. Natural Therapies Nutritional Supplements Nutrition is the foundation of health. Many health problems can be alleviated by ensuring the body has the appropriate nutrients needed for healing to take place. We use a wide array of vitamins, minerals, and herbal supplements to assist in the healing process. However, not all nutritional supplements are created equal. Dr Riley's experience allows her to recommend the highest quality supplements, resulting in better absorption, nutritive value, and outcomes. Visit our Ordering Page for information about ordering nutritional supplements. Homeopathics Homeopathic medicine is a form of medicine that focuses upon the principle of "like cures like". A chemically minute dose of a medicine is taken by the patient to help restore good health. Homeopathic medicines are manufactured and labeled under specifications recognized by the U.S. FDA. They have been safely and effectively used for over 200 years. After herbal medicine, homeopathy is the second most widely used health care system in the world. There are no additives, fillers, etc. It is neither habit forming nor fattening, and has no known side effects. Homeopaths consider the body to be the best healing system around —the symptoms are the body’s effort to heal. Homeopathic medicines attempt to stimulate the body’s natural ability to heal itself. Lifestyle Counseling Lifestyle Counseling is concerned with your approach to life and health. Do you choose to exercise and be physically active in ways that you enjoy? Do you express yourself and relate to others in an effective or positive way? Do you have ways to regularly dissipate stress? Bowen Therapy® Bowen Therapy® is a gentle, dynamic system of muscle and connective tissue movements that balance the body and stimulate energy flows. By gently signaling certain muscles, messages are sent to the central nervous system to "reset" the body. More information about bowen can be found at the American Bowen Academy website Flower Essences Flower essences support other therapies and health practices by stimulating greater awareness of our inner life, and building a vital bridge between the realms of body, soul, and spirit. They are most effective when used as part of a wholistic program to improve one's health. IonCleanse® The IonCleanse® system exposes the body to ionized water through a relaxing foot bath. This ionized water is intended to promote detoxification and a greater sense of well being Frequency Specific Microcurrent Frequency Specific Microcurrent (FSM) is a system of treatment using micro-amperage current and the resonance effects of frequencies on tissues and conditions to reduce symptoms and improve health. For more information, please visit FrequencySpecific.com.”

c) from kathleenrileynd.com/Order.php:

“Eclectic Naturopathic Medical Center, LLC. Dr. Kathleen M. Riley, N.D. Patients should not rely upon dietary supplements to prevent or treat COVID-19. Always check with a medical professional if you have any symptoms or exposure and follow CDC guidelines and governmental authorities' instructions with regard to social distancing, self- isolation or use of masks and other personal protective equipment. Ordering Supplements To keep moving forward with your health, keep your supplements up to date and to make it as stress-free as possible. Order From Us We can ship your supplements to you. Call us at (860) 665-1254 or fax us at (860) 665-7135 Orders are shipped via USPS Pre-paid orders that are over $150 after any

discount will receive free shipping as long as they are being shipped to the following states CT, MA, ME, NH, VT, RI, NY, NJ. All other orders incur shipping costs based on weight, location and state, from $8.00 on up Purchase products through our Fullscript virtual dispensary. Designs for HealthIn an effort to ensure your efficient availability of supplements, we encourage you to explore the Designs for Health website. They are currently offering a new Discount Code that gives you 10% off every order placed. Only $49 minimum for free shipping. Contact us with your name and email address and we can set you up with our practitioner code. Fullscript Fullscript is an online retailer with a wide variety of available companies and supplements. They purchase the supplements they sell directly from the manufacturers. Fullscript provides the assurance that you are getting the proper products compares to sites like Amazon, which doesn't have control over what their suppliers are actually selling. Note: Not all supplements are available The brands that Dr. Riley and Dr. Yarett recommend were carefully chosen because of their excellent manufacturing practices. These companies verify the content of their products post manufacture meaning that what is on the label is actually in the bottle. Only $50 minimum for free shipping, and it ships directly to you. WholeScripts WholeScripts has a new program. Please call or email our office to request a referral code. After you have a referral code, you can visit Wholescripts.com to set up your account and place your order. Shipping is free for orders over $50. Standard Process Please call our office to request a referral code for the Standard Process Patient Direct Program. After you have the referral code, you can visit https://www.standardprocess.com/Patient-Direct to set up an account. Once your account is set up, please call our office so that we can approve your account for ordering. After approval, you can log in and order supplements directly from Standard Process. There is a flat rate $10 shipping fee each time you order. Researched Nutritionals Please call our office to request a referral code for Researched Nutritionals Web Orders. After you have the referral code you can visit https://www.researchednutritionals.com/ to set up an account and order online. There is a flat rate $7.75 shipping fee for each time you order. Professional Formulas Visit https://professionalformulas.com/patients/ to set up an account and order online. Use the referral code KSH115D. Company representatives cannot offer advice or recommend supplements to take."

d) from https://kathleenrileynd.com/Classes.php:

"Classes Bowen Dr Riley periodically conducts classes in Bowen Therapy. To be notified of upcoming Bowen classes, please call (860) 665-1254 to get on our mailing list. More information about bowen can be found at the American Bowen Academy website Applied Kinesiology (A.K.) Dr Riley periodically conducts classes in applied kinesiology. To be notified of upcoming A.K. classes, please call (860) 665-1254 to get on our mailing list."

e) from kathleenrileynd.com/FAQ.php:

"F.A.Q. Q: How are Naturopaths trained? A: Naturopathic physicians attend an accredited four-year medical school where they are trained in both basic and clinical sciences including: anatomy, biochemistry, physiology, clinical and physical

diagnosis, laboratory and x-ray diagnosis and pharmacology. In addition, they are trained in botanical medicine, nutrition, homeopathy, counseling and other types of treatment modalities not typically offered by allopathic doctors. Q: How are naturopaths different from an allopathic doctor? A: Both naturopathic and allopathic doctors are licensed in the state they live in as primary care physicians. The main difference is naturopathic physicians treat the body as a whole with natural remedies that are safe and generally free of side effects, referring to other health care practitioners when additional diagnostics or therapeutics are needed. We are happy to be part of your health care team. Q: Do I need to discontinue the pharmaceutical medicine that I am taking in order to come see you? A: No. It is recommended that you continue to take your medications. If at a later date, it is determined that your health has improved sufficiently, you may work with the original prescribing physician to adjust your dosage. Q: Do I need to quit all of my unhealthy habits immediately? A: No. Our goal is to provide you with support, knowledge and guidance to best obtain your health care goals. The most effective path to optimal health is the one that works for you. Q: When will I get better? A: Everyone has his or her own response to healing. Generally speaking, the longer you've had a disease, the longer it will take to get better. Usually people will notice improvements in the first three weeks. Q: What is the difference between naturopathic medicine and homeopathy? A: Naturopathic medicine is a broad field of medicine that uses natural therapies, including homeopathy. Naturopathic doctors study homeopathy as well as herbal medicine, nutrition and lifestyle counseling. Naturopathic doctors have the option to approach the patient and disease process from a variety of perspectives. Q: Are all herbal medicines safe? A: No. While many are, some can have toxic effects if not taken correctly. Just like you wouldn't eat unknown berries and mushrooms in the wild, its best to know which medicines to take. Even more answers at the American Association of Naturopathic Physicians website.”

f) from kathleenrileynd.com/AboutUs.php:

“About Us 66 Cedar St, Suite 201 Newington, CT 06111 Phone: (860) 665-1254 Fax: (860) 665-7135 Dr. Kathleen Riley, N.D. Dr. Riley has a family oriented practice in Connecticut for 42 years. She enjoys working in pediatrics, women's medicine, tick born illness, allergies, oncology, and a variety of acute and chronic illnesses. She received her doctorate in naturopathic medicine from Bastyr University in Seattle, Washington. Dr. Riley is a member of the American Association of Naturopathic Physicians (AANP) and the Connecticut Naturopathic Physicians Association (CNPA). She is a past recipient of Health Practitioner of the year from the La Leche League of Connecticut. She has received certifications in advanced Bowen from the Bowen Therapy Academy of Australia and is an Associate Bowen Instructor. Dr. Riley volunteers for Hawkwing, participating in medical mission trips to the Cheyenne River Reservation. "It is my firm belief that the patient is ultimately in charge of their health and I use education and a team approach to include the patient and other healthcare providers in their treatment." - Dr. Kathleen Riley, N.D.”

053. ND Firisin Pages at coastalnaturalmedicine.com

a) from coastalnaturalmedicine.com/naturopathic-physician-dr-katy-firisin:

“Meet Dr. Firisin. I have been where you are and I know what it is like. I suffered with chronic illness from the time I was a child. Starting to lose hope, I began working with a naturopathic doctor and explored a natural approach that restored many aspects of my health. Naturopathic medicine’s principles and techniques have helped me to reverse PCOS, eliminate thyroid medication, manage chronic Lyme disease and maintain my overall wellbeing. Inspired by my own doctors and mentors, I knew there was more I was being called to do. I left my first career as a physical therapist to pursue my Naturopathic medical degree. After several years building a thriving practice in the Phoenix area, I moved back to Fairfield County to be closer to family, friends, and the beloved coastline, opening my practice here in 2017. My unique experience of 20 years of hands on experience coupled with my passion for educating patients allows for a deeper understanding of how to help people heal and live a life free of symptoms. In this ever-changing world, health has never been more important. You are here because you are motivated to feel and live better. I am here because of my passion for educating patients to help their bodies heal. It would be my honor to guide you on your journey to better health. Education, Achievements, Credentials and Affiliations: Award winning physician with over 20 years of healthcare experience Voted one of 10 Best Naturopathic doctors in Connecticut in 2018 and 2019 Doctorate of Naturopathic Medicine, Southwest College of Naturopathic Medicine, a four year accredited medical college in Tempe, AZ. Licensed Naturopathic Doctor in the state of Connecticut Vitalist, The Naturopathic Medicine Institute Completed The Carroll Institute of Natural Healing Food Intolerance Training Program Bachelor’s and Masters in Physical Therapy from Springfield College in Massachusetts Distinguished Humanics Award from Springfield College. Chosen to deliver Southwest College of Naturopathic Medicine graduation address Outstanding Leadership Award, Southwest College of Naturopathic Medicine Advisory board member, Naturopathic Medicine Institute Chairperson, Curriculum and Residency Naturopathic Medicine Institute Member, Connecticut Naturopathic Association Member, The National Center for Homeopathy Reiki certified WATSU (aquatic bodywork) Graduate, UMASS Medical Center Mindfulness Based Stress Reduction Program Medical editor and consultant for medicinetalk.org, a premiere information source about natural medicine Contributor, Natural Nutmeg Magazine Make an appointment. Coastal Natural Medicine 2600 Post Road Suite L2 Southport, CT 06890. Telephone: 475-999-2032. Naturopathic, integrative and holistic medical health services. Helping people throughout Fairfield County, CT including Easton, Fairfield, Greenwich, Norwalk, Stamford, Trumbull, Westport and lower Westchester, NY to feel better. Dr Firisin sees patients in her Southport, CT office and offers telehealth services to people around the world.”

b) from coastalnaturalmedicine.com:

“Grounded in Science. Powered by Nature. Fueled with Compassion. As an expert in natural medicine, I understand the intelligence of the body from a unique perspective to improve your whole health. Using centuries of naturopathic wisdom, combined with 20 years of healthcare experience and my natural curiosity, I look at

you as a whole person, exploring all aspects of your health to find the root cause of your symptoms. Together, we develop a natural integrated plan to help you feel better, eliminate obstacles to your health, and restore your vitality. […] Naturopathic, integrative and holistic medical health services. Helping people throughout Fairfield County, CT including Easton, Fairfield, Greenwich, Norwalk, Stamford, Trumbull, Westport and lower Westchester, NY to feel better. Dr Firisin sees patients in her Southport, CT office and offers telehealth services to people around the world."

c) from coastalnaturalmedicine.com/naturopathic-medicine-services:

"Services: Naturopathic medicine is based on the principle that each of us has a healing force within us, that when properly supported, can help facilitate our bodies to heal. These are some of the treatments Dr. Firisin uses to awaken the vital force in each patient. Nutritional Counseling: As Hippocrates, the father of modern medicine said, "let thy food be thy medicine." Based on your health, food intolerance and sensitivity evaluations, and custom therapeutic supplements, you will work with Dr. Firisin to create an individualized nutrition plan that works for your lifestyle and ensures your long term wellness. Homeopathy: Originated by Dr. Samuel Hahnemann in the late 1700's, the driving principle of homeopathy is "like cures like." Used throughout the world, this scientific application of minute amounts of naturally occurring substances is a safe, natural and effective treatment for all ages that stimulates the body to heal. Constitutional Hydrotherapy: This simplistic therapy utilizing alternating hot and cold towel applications to the chest and back along with an electrical sine wave is a powerful tool for stimulating the immune system and achieving total body detoxification. It has been used for years to detoxify heavy metal exposure, herbicide/pesticide toxicity, and the daily toxic build up from improper diet and lifestyle. Specialty Diagnostics: When searching for the root cause of disease, sometimes we must dig deeper. Naturopathic medical doctors are trained in advanced testing that allows the exploration of conventionally uncharted territory such as food intolerances, poor digestion, mineral deficiencies, heavy metal toxicities, adrenal dysfunction, unique chronic infections and environmental toxic burdens. Detoxification: We are surrounded by external toxicants and internal toxins that create a burden on our vitality. Identifying the sources of these burdens and clearing them with hydrotherapy, formal detox programs, water fasting and even homeopathy can help the body clear obstacles to healing. Custom detoxification, under medical supervision, is encouraged to support health. Acupuncture: Qi, ("Chi"), is the vital force or energy that brings life to the body. Grounded in the traditions of ancient Chinese medicine, acupuncture treatments such as needling, cupping, and moxibustion restore life force and support the body's innate mechanisms to heal by restoring the natural flow of energy to areas of the body that may be blocked."

d) from coastalnaturalmedicine.com/naturopathic-holistic-medicine-faq:

"FAQ: What is Naturopathic Medicine? Naturopathic Medicine is based on the philosophy of Vitalism: that all living beings possess an intelligent, living energy which gives us an innate ability to heal. Naturopathic Medicine, based in European

traditions, calls this energy the Vital Force. Oriental Medicine traditions call it the Qi; Ayurvedic Medicine from India refers to it as Prana. Every traditional culture from around the world has their own term for this phenomenon, and more than 95 different names for the Vital Force have been recorded. Historically, the early European roots of Vitalistic philosophy in healing date back to around 500 B.C. in Greece, and the system of medicine known as Greek Medicine, of which Hippocrates, the Father of Modern Medicine, was a practitioner. Naturopathy evolved in the late 1800's, predating our conventional medical system, and was heavily influenced by both Chinese Medicine and Ayurvedic Medicine. The term 'Vital Force' appears to have been a translation of the Terms 'Qi' and 'Prana'. The Vital Force is a natural wisdom of the body which constantly works to restore health to the human system — in essence a living, intelligent, feedback control system. Naturopathic medicine is designed to work with this inherent healing ability in a holistic manner to restore balance and harmony to the whole person. What does a Vitalistic Naturopath do? Using a scientific approach coupled with traditional wisdom, a naturopath works with modalities that may include acupuncture, supplements, vitamins, constitutional hydrotherapy, manipulation, nutrition, and other modalities to help create an environment within the body to prompt it to heal. The naturopath also helps to empower patients to live their best lives. D o you have a specialty? I've helped patients heal from a variety of health challenges, including the recent pandemic. But yes, I do specialize in gastrointestinal disorders, anxiety and fatigue, chronic and autoimmune disease, heart health, and family wellness. Do you work with adults and children? Yes. My youngest patient is 3 months old, and my oldest just turned 92. What conditions do you treat? Dr. Firisin treats a broad range of conditions. Some of the most common conditions treated include: Acute illnesses Adrenal Hypofunction Anxiety Asthma Autoimmune Disorders Blood sugar Dysregulation Diabetes Bronchitis Cholesterol issues Coughs Colds Depression Eczema Epstein-Barr Family Practice/Wellness Fatigue Food intolerances Flu Gastrointestinal disorders Heart health High blood pressure Inflammation Lyme disease Metabolic disorders Psoriasis Thyroid disorders Viruses. Do you accept Medicare, Medicaid, or TriCare? No. Naturopathic Medicine is not recognized by Medicare. No Medicare and Medicare plans and secondary plans will be billed for Naturopathic services. Fees are due at the time of service, please contact the office to inquire about payment options. What should I expect on my first visit? Your first meeting with Dr. Firisin will include a thorough intake and discussion about your concerns, any pertinent physical exam, and together you will determine the next steps. This may include further information gathering, testing and nutritional evaluation, and initial recommendations for supplements, remedies and lifestyle changes to begin your treatment plan. After reviewing your case, Dr. Firisin may send you additional treatment recommendations to get your healing journey started. Does insurance cover supplements? Unfortunately insurances do not cover supplements. Some individuals are able to use their Health Savings Accounts and Flexible Savings Accounts to purchase supplements. Do you do blood tests? Yes. If after your initial or follow up visit, Dr. Firisin determines blood work is clinically necessary, she will submit a requisition most commonly to Quest or Lab Corp. Some Specialty diagnostics such as food intolerance evaluations and Covid-19 Antibody testing may require an in office blood draw done by Dr. Firisin. Do you offer

packages for acupuncture and hydrotherapy? Yes. These services can be purchased in packages of 6 visits and are grouped this way for optimal clinical results. What does a health plan include? A personalized health plan may integrate dietary and lifestyle advice, mind-body techniques, exercise, detoxification, vitamins and minerals, acupuncture, constitutional hydrotherapy, physical body work, both eastern and western herbal therapies in order to help restore wellness. Do I have to stop seeing my primary physician or other doctors? No. I communicate as needed with other physicians and am able to refer to specialists and work with other doctors on your healthcare team in your best interest. Why do people see a Naturopath in Fairfield County? Many people are seeking a Naturopath in Fairfield County with the hope of finding an effective solution to their health concerns. Naturopathic medicine provides natural, safe and effective solutions to your whole health. Do I need to have a health problem to see a Naturopath? No. When working with patients seeking optimal health and wellness, Dr. Firisin only requires you bring your desire and motivation to improve your health and well being and improve your quality of life! How quickly will I improve with Naturopathic medicine? True healing takes time. The majority of patients will experience improvements early in their program but Naturopathic medicine is not a quick fix. With Dr. Firisin's support and expertise, you can expect your health and the way you live your life to change for the better."

e) from coastalnaturalmedicine.com/6-principles-of-a-naturopathy:

"6 Principles of a Naturopathy By Dr. Katy Firisin, ND February 12, 2020 The practice of naturopathic medicine emerges from six principles of healing. These principles are based on the objective observation of the nature of health and disease and are examined continually in light of scientific analysis. These principles stand as the distinguishing marks of the profession. The healing power of nature — vis medicatrix naturae. The body has the inherent ability to establish, maintain, and restore health. The role of the physician is to work with the intelligence of nature and the natural healing force of the body using tools that facilitate this response rather than control or alter it. Identify and treat the cause — tolle causam. Underlying each symptom or disease lies a cause. Alterations in the human body are the body's response to a change in the internal and external environment, a natural accommodation so that the body can survive. Naturopathic medicine addresses underlying causes of disease, rather than the symptoms in order to restore the environment necessary for the body to functional in an optimal way. This may include physical, mental emotional, environmental and spiritual aspects of healing. It is the task of the physician to address these causes in their totality, at the deepest level, providing the least amount of intervention with the greatest far reaching effect. First do no harm — primum no nocere. Symptoms that we experience as humans, both in the physical and emotional body, are the body's way of communicating with us and an expression of our vital life force. Therapeutic intervention must respect and interpret this communication in collaboration with this healing force moving it towards and not away from the direction of health. The role of the physician is to encourage rather than suppress this mechanism and in doing so avoid disruption of this vital force and avoiding harm to the individual.

Treat the whole person — in perturbato animo sicut in corpore sanitas esse non potest. A naturopathic physician must address the patient in their totality of the expression of the life force. Physical, emotional, spiritual, environmental and even inherited aspects of disease must be taken into account for true healing to occur. To only engage one type of healing modality and address one aspect of health would not be in keeping with the naturopathic principles laid out here. Emphasis on a multi-model and whole-istic view of the individual is necessary to facilitate healing. The physician as teacher — docere. Empowering and inspiring the patient is one of the primary tasks charged to a physician. The physician must educate the patient about their health, their abilities to influence their health and healing and make healthful changes that move them in the direction of health and well being. The physician must accomplish this both through the doctor- patient dynamic as well as through example. Prevention — principiis obsta: sero medicina curator. Disease is always easier to treat before it even happens. Promoting health and wellness through education, community involvement and offering opportunities for patients to improve their health in the present moment is the ultimate goal of the naturopathic doctor. An emphasis on healthy living that nurtures this vital force in each individual is a key aspect of care for all patients. Naturopathic physicians take an oath upon completing their training as a commitment to embodying these principles both for themselves and their patients. This unique framework informs the art of medicine for a true naturopathic physician."

f) from coastalnaturalmedicine.com/do-you-need-a-detox:

"Do You Need a Detox? By Dr. Katy Firisin, ND December 31, 2019 It's that time of year again! We have overindulged, perhaps put on a few pounds, and made resolutions to be healthy. A time of year where gyms are enticing you with 8 week challenges, and every clinic (mine included) or online forum is offering some sort of cleanse or detox. Is there any validity to this idea of detoxification and is it right for you? Are You Toxic? The reality is that we are all carrying some toxic burden in our bodies. It is impossible to exist in our modern world without being exposed to toxicants. From birth the chips are stacked against us; over 200 chemicals have been found in umbilical cord blood. In the past 100 years, over 75,000 NEW chemicals have been introduced to our environment. Many chronic diseases can be attributed to the inflammation that comes from exposure to toxins. Common symptoms that may be associated with toxic burden include brain fog, gastrointestinal complaints such as constipation, diarrhea, nausea, heartburn, reflux, headaches, hormone imbalances, low libido, skin concerns, weight gain, bloating, chronic pain, high blood pressure, diabetes, dark circles under your eyes, menstrual irregularities, sleep disturbances, asthma, frequent colds and flus, fibromyalgia, sensitivity to chemicals, and the list goes on! Where Do Toxicants** Come From? (**A quick point of clarification; a toxicant is a chemical introduced into the environment, a toxin is actually a poison or venom that is created by a plant or animal.) Chemical substances are ubiquitous in the environment. If you breath air, drink water, eat food, take a shower, and clean your home you are exposed to toxicants. In addition to external sources of toxicants, our bodies create our own toxins. We produce metabolic biproducts via different metabolic processes in the

body such as ammonia and carbon dioxide. We create inflammatory chemicals internally when we are exposed to toxins and foods that we do not properly digest. An often overlooked source of toxicity is stress. Storing negative emotions is detrimental to our health. It results in inflammatory chemical responses within the body that can result in a diseased state over the long term. How Does the Body Detox? The body is actively mitigating our environmental exposure on a daily basis. Detoxification is primarily carried out by our liver and kidneys. We eliminate toxicants through skin, sweat, urine, bowel movements, breathing and our lymphatic system. The kidneys are responsible for eliminating water soluble substances while our liver tackles the fat-soluble toxins. You can imagine why drinking copious amounts of water is critical to this process! So Now What? Come January 1st, we are bombarded with promotions and offers. Any program that promises weight loss, includes the word “miracle” or involves processed packaged foods is not likely a sound program. A detox program should help the body’s natural cleansing process. It should rest the organs through fasting or decreasing calorie consumption for a period of time. It should stimulate the liver to drive toxins from the body while promoting elimination through the intestines, kidneys and skin. It should refuel the body with healthy nutrients and should culminate with rebuilding and transition the participant to a healthy long term lifestyle. A quality detox or cleanse must contain nutrients/provide dietary guidelines by explaining what foods to avoid and what foods are acceptable to eat. You must decrease the burden on the liver. No alcohol, caffeine, processed foods, chemicals, sugars, animal protein (1st phase). Decrease stress and decrease exposure where possible. Medical supervision is recommended to check for kidney and liver function and must account for adjustments in medications if taking any. Eliminate toxic chemical exposure by switching to natural products where possible. Change cosmetic and beauty products as well as household products. Make sure you eat! Do not starve, juice fast or water fast without supervision. There are many quality programs available. Understand that simply changing your food or intake is not enough to truly cleanse. You must adjust your exposure, your stress level and make sure your elimination is on point. If you have chronic constipation, diarrhea or do not have daily bowel movements, correcting this prior to a detoxification program will ensure success. Working with a naturopathic doctor who can help you select a program based upon individual needs, performing labs prior to your program to ensure proper kidney and liver function, and determine the ideal length of a cleanse (typically 7 days up to 30) can help take the guess work out of the process. Be a critical consumer and don’t just jump on the bandwagon as it passes by this New Year. The most important thing about any detoxification or cleanse is what you do AFTER! Don’t stop after 14 days! Use a cleanse to jumpstart you on the road to optimal health. This article appeared in Natural Nutmeg Magazine Dec 2019: Do You Need A Detox?”

g) from coastalnaturalmedicine.com/top-5-supplements-for-heart-health:

“Top 5 Supplements for Heart Health By Dr. Katy Firisin, NDApril 15, 2017 Chinese Medicine texts dating back hundreds of years B.C. define the heart as the “ruler of the human body, the seat of consciousness and intelligence.” The heart contains

the “shen” or spirit operating beyond the physical form. Today, this connection between the heart and the spirit is pervasive in cultures worldwide. Coupled with the great responsibility the heart has for driving our life force, I cannot think of any better reasons to nourish this precious organ. There are many things we have come to believe as they pertain to our heart health; that cholesterol and fat are bad, that an aspirin a day keeps the doctor away, and that many cardiac conditions are irreversible. Current research is changing these preconceived notions about our hearts and how we treat them. The following are the top 5 naturopathic therapies that must be considered when promoting heart health and treating cardiovascular conditions. Magnesium: Magnesium is probably my favorite supplement. I would venture to say that the majority of my patients take it in one form or another for a whole host of reasons. When it comes to heart health, it can be powerful to decrease high blood pressure. It has a positive effect on HDL cholesterol and can lower triglycerides and inflammation. Taurine: Taurine is an abundant amino acid found in our cells. While the body can make it if it has the right ingredients, we get the majority of this nutrient from our consumption of foods, largely eggs, seafood, and meats. Because of its effects on intracellular sodium and calcium, it can be helpful with fluid regulation and symptoms of congestive heart failure. It also improves vascular smooth muscle aiding in blood pressure, and circulation as well as cardiac performance. Beet Root Powder: While man are discouraged by the fact that beets can, well, “taste like dirt”, the health benefits might make them suddenly more appetizing. The best ways to get the greatest benefit from your beets is to consume them raw, fermented, or boiled. Supplements are an option if your palate isn’t ready for this earthy jewel! Beets are a powerful antioxidant and help to decrease free radical damage. They improve blood vessel function and inflammation, can decrease blood pressure, thin the blood naturally. Selenium: Selenium is most often associated with thyroid health. While the research is limited on this great nutrient as a stand alone, we do know that selenium deficiencies when coupled with external stressors can be detrimental to heart health. And since I have never had a patient who does not experience external stress, I would say that is important. Additionally, Selenium when taken with Vit E can decrease LDL or “bad” cholesterol. A great source of selenium is the Brazil nut. 1 ounce of Brazil nuts has 544 micrograms of selenium. Hawthorne Berry: The delicious little berry can decrease LDLs and triglycerides, improve blood pressure, is helpful with fluid retention, and can improve contractility of the heart. As it is important to nurture the heart on both an energetic and physical level, Hawthorne berry is known to provide protection and healing of the heart, open the heart, and aid in the expressing, giving and receiving love. The treatment of the heart can be a complicated and scary thing for many. It is important to take a multi-faceted approach including diet, lifestyle changes, management of stress, exercise, sleep, nourishing the spirit, as well as powerful supplements. If you are experiencing high blood pressure, have been told you have high cholesterol, have any other cardiac condition, naturopathic medicine may be a great option for you. While medication reduction or elimination may be possible, if you are currently taking cardiac medications, do not attempt to replace those medications with any supplement without consulting a doctor.”

054. ND Yimoyines Pages at riverswellness.com

a) from riverswellness.com/dr-yimoyines-keith:

“Keith Yimoyines Keith Yimoyines focuses on serving patients at Rivers Wellness, with offices in Wethersfield, CT. Dr. Keith Yimoyines brings more than 10 years of experience in Naturopathic and Functional Medicine. Also, he holds practice licenses in Connecticut and The main specialties and interests of Dr. Yimoyines include Lyme disease treatment, gastrointestinal problems, tick-borne illnesses, and chronic illnesses. He always wants patients to attain optimal health beyond mere disease symptoms. Call Now Schedule with Dr. Yimoyines The Healing Specialist at Rivers Wellness Naturopathic Doctor Keith Yimoyines, Ph.D., specializes in comprehensive treatment and active listening, recognizing that every patient’s approach to healing will differ. Keith finds it essential that every treatment plan works as an integral part of every patient’s life. At Rivers Wellness, Dr. Yimoyines uses a Functional Medicine approach. However, before he begins, he takes the necessary steps to understand a patient’s health. These steps include learning about a patient’s medical background, surroundings, and goals. Next, he develops a plan exclusively for you, which might include: Functional lab testing Nutrition and lifestyle advice Herbal medicine Nutraceuticals Mind-Body and Stress-Management Techniques When it comes to Lyme and tick-borne illnesses, he focuses on helping patients get well again rather than just eliminating the infections. By doing that, he helps them recover energy, mental sharpness, and proper digestion. Why Patients Trust Dr. Yimoyines Patients choose Dr. Yimoyines for the following: Compassionate listening and patient-centered care Thorough assessment and modern testing Holistic plans tailored to your exact symptoms and needs An approach to chronic and complex illness based on the whole person Experience in Functional Medicine and/or Naturopathic Medicine A calm, respectful, encouraging experience His goal is simple-to help people feel better, take charge of their health, and live with more energy, clarity, and comfort. Education & Professional Background. Doctorate of Naturopathic Medicine, Southwest College of Naturopathic Medicine (now Sonoran University of Health Sciences), Tempe, AZ Bachelor of Arts in Journalism, Lehigh University, Bethlehem, PA Practicing in Connecticut since 2011 Got his specialize licensed in Connecticut and Colorado Level 1 Certified in Krav Maga Studied/Student of Brazilian jiu-jitsu Other Conditions Dr. Yimoyines Treats Patients visit Dr. Yimoyines for a wide range of issues, which include: Lyme disease & tick-borne infections Digestive problems (IBS, bloating, chronic pain) Fatigue or a lack of energy Hormonal imbalances Brain fog and mood challenges Symptoms related to stress Chronic and complex conditions He gives hope to his patients, especially those who feel no one has heard them or who have been to many other doctors and have not received any answers. If you’re seeking a physician who listens to you, Dr. Keith is here to understand you. Whether chronic illness, undefined symptoms, or continued fatigue are what burden you, he will help you find the path to lasting wellness.”

b) from riverswellness.com/red-light-therapy-wethersfield:

“Red Light Therapy in Wethersfield, CT Rivers Wellness in Wethersfield, CT, offers a gentle and non-invasive red light therapy procedure with advanced solutions. Under the supervision of Dr. Keith, the therapy helps as a pain relief, skin rejuvenation, recovery, and metabolic balance. Call Now Book a Red Light Therapy Session Also Serving Hartford, West Hartford, East Hartford, Newington, Rocky Hill and Glastonbury. What Is Red Light Therapy? Red light therapy consists of sending specific wavelengths of light into the body, which assists with the production of ATP (cellular energy) and kicking off the body’s innate healing mechanisms. The cellular changes lead to improved blood flow, alleviated tissue inflammation, repair and regeneration, controlled oxidative stress relief, and better nervous system functioning. How Red Light Therapy Supports Healing At Rivers Wellness, we provide the specialty of red and near-infrared light therapy with scientifically calibrated devices that penetrate through the tissue layers into the muscle, joint, and skin right where your body needs the light the most. As this therapy is paired with clinical evaluation and individualized treatment, care becomes holistic and systemic rather than just covering symptoms. Red light therapy is also a standalone treatment or can be utilized to bring to life a comprehensive individualized care plan. Common Symptoms To Be Improved By Red Light Therapy Our red light therapy sessions are designed to effectively tackle a wide range of concerns, such as; Joint pain, Muscle soreness, Skin issues, Chronic fatigue and even hormonal imbalances. Our clients at Rivers Wellness report feeling more energized, relaxed, and revitalized after just a handful of sessions. This therapy can also help with: Healing wounds, Reduces inflammation, Discomfort or other digestive issues, Improving sleep quality. Why Choose Rivers Wellness for Red Light Therapy? At Rivers Wellness, we offer personalized light therapy sessions designed to address your specific symptoms and goals. Our services include: Tailored sessions using medical-grade equipment Guided treatment plans focusing on pain, hormones, skin, energy, and recovery Integration with other holistic services Safe and non-invasive therapy with no downtime A calm and restorative environment If you’re looking for effective healing and long-term wellness, photobiomodulation therapy in Wethersfield, CT, is a natural solution. Contact Us Top Services To Get Done With Red Light Therapy It is your best time to improve your hormone support red light therapy session with one of our other therapies to achieve better and long-lasting results.”

c) from riverswellness.com/detox-programs-wethersfield:

“Detox Programs in Wethersfield, CT At Rivers Wellness, we offer advanced detox programs in Wethersfield, CT, safe and designed to reset your body. With Dr. Keith, a trusted detox specialist in Wethersfield, gets a personalized plan to support hormones, digestion, inflammation, and overall wellness. Call Now Start Your Detox Program Also Serving Hartford, West Hartford, East Hartford, Newington, Rocky Hill and Glastonbury. How a Detox Program Resets Your BodyA detox program is not just to use as a body cleanser, but it is designed to provide an overall healing process that boosts mood and supports your body’s built-in detox pathways. At Rivers Wellness, the facility offers both functional detox in Wethersfield and cellular detox in Wethersfield, CT, a system that eliminates toxins at multiple levels:

metabolic, digestive, hormonal, and cellular. In contrast to generic detox kits, our programs do a complete analysis of how the liver, gut, lymphatic system, and hormones work together. By improving the integration between their functions, your systems will improve the efficiency of natural detox, energy production, inflammation control, and toxin removal. Our method incorporates clinical assessment and natural medicine to create true ongoing wellness and not just temporary relief of symptoms. Body Symptoms That Need a Detox Program You may be an excellent candidate for our detoxification programs when your body shows signs of overload, toxin accumulation, and metabolic sluggishness. These symptoms may include, but are not limited to: Bloating or sluggishness in digestion Constant fatigue and low energy Brain fog and/or difficulty concentrating Hormonal fluctuations and/or difficulties with PMS or menopause The issues related to the thyroid Constance has headaches and/or episodes of migraines Sudden weight gain and/or stalled metabolism Issues with sleeping or feeling tired Pale skin, acne, or other breakouts Swelling or joint pain Mood swings and/or irritability We offer a detailed metabolic detox program in Connecticut that resets your body to find inner peace, more energy, improved skin texture, and more balanced hormones. Why Detoxifying at Rivers Wellness? Rivers Wellness offers a results-driven system that mainly focuses on whole-body healing. As your trusted detox specialist in Wethersfield, you will find a program that is safe, gentle, and scientifically backed. Our approach offers: Individually designed detox plans Deeper cleaning with functional and cellular detox options Proper guidance on nutrition and lifestyle Improved metabolism and reduced inflammation Hormone, digestion, and stress support A holistic strategy designed for long-term wellness Whether you choose a functional detox or a full cellular detox in Wethersfield, CT, you will feel supported every step of the way. Contact Us Additional Services That Support Detox Success If you’re searching for a complete detox program, we offer complementary therapies that improve your overall digestion, circulation, and emotional balance.”

d) from riverswellness.com/acupunture-in-wethersfield:

“Acupuncture in Wethersfield, CT At Rivers Wellness, acupuncture in Wethersfield, CT heals the body physically and emotionally. With specialists like Dr. Keith, acupuncture pain relief in Wethersfield reduces pain, stress, hormone imbalance, offers wellness, digestive concerns, and improves overall well-being. Call Now Get an Acupuncture Treatment Also Serving Hartford, West Hartford, East Hartford, Newington, Rocky Hill and Glastonbury. What Is Acupuncture? Acupuncture is an ancient and traditional therapy that helps to restore body balance by stimulating certain meridian points. The treatment is designed with a time-honored technique that balances the body as a whole and not a compilation of parts. To that end, it considers the body and focuses holistically on energy, inflammation, circulation, and the nervous system. How Acupuncture Functions for Whole-Body Support If you are searching for an acupuncturist in Wethersfield, CT, consider Rivers Wellness, where we merge modern health care with ancient acupuncture practices. With good energy balance (Qi), you heal and don’t just get relief, and that’s what acupuncture is for. Conditions & Symptoms Acupuncture Can Improve We offer a comprehensive acupuncture treatment that supports a wide range of symptoms to improve

lifestyle. If you have any of the symptoms below, get your Acupuncture therapy today: Stiffness or chronic pain Migraines or severe headaches Other digestive issues (bloating, IBS, constipation) Menopause, PMS concerns, or hormonal imbalance Thyroid discomfort Stress, anxiety, and emotional tension insomnia or difficulty in sleeping Low energy or fatigue Brain fog or poor concentration Unexplained weight fluctuations Muscle tension and inflammation Mood or irritability issues From stress-relief acupuncture in Wethersfield to acupuncture for hormones in Wethersfield, we provide supportive, deeply personalized treatments."

e) from riverswellness.com/functional-medicine-wethersfield:

"Functional Medicine in Wethersfield, CT At Rivers Wellness in Wethersfield, CT, we provide care through functional medicine support. Under the direction of Dr. Keith, improve your health and general wellness. Call Now Also Serving Hartford, West Hartford, East Hartford, Newington, Rocky Hill and Glastonbury. What Is Functional Medicine? Functional medicine varies from other healing practices as it is scientific, evidence-based, and patient-centered when finding and treating the underlying cause of health issues. In functional medicine, unlike other practices, the body is not examined system by system as though the systems are unrelated. Instead, the body is examined as a whole, taking into consideration the integration and interactions of the endocrine, digestive, metabolic, neurologic, and immune systems. When you search for a functional medicine doctor near me, Rivers Wellness is here to help you with Dr. Keith. Dr. Keith's method is based on thorough assessments and advanced diagnostic techniques to create individualized plans focusing on nutrition, inflammation, stress, lifestyle, toxins, and other systems so that true and holistic healing can occur rather than merely masking symptoms. Common Symptoms Functional Medicine Can Help With Functional Medicine serves to help you with common symptoms that can be used as a great alternative: Nausea or fatigue Constipation Bloating Irritable bowel syndrome Pre-menstrual syndrome (PMS) Menopause, or issues with the thyroid The issue of "brain fog," or distractibility. Inability to lose weight or gain weight for no known reason Ongoing inflammatory response Headaches or migraine The increasing episodes of anxiety or emotional instability Sleeping difficulties or insomnia."

f) from riverswellness.com:

"Your Path to Natural Wellness It is all about herbal support for your wellness journey. Call Now Talk to the Doctor Also Serving Hartford, West Hartford, East Hartford, Newington, Rocky Hill and Glastonbury. Trusted by Why Choose Rivers Wellness? At Rivers Wellness, a naturopathic doctor in Wethersfield, CT, Dr. Keith combines natural medicine. It will provide proven results to help you heal with clarity and confidence. We're excited to provide naturopathic care and effective Lyme solutions to support your journey to energetic health! Board Certified Naturopathic Care Whole body healing 11+ Years of Experience Trusted clinical care Lyme and Tick-Borne Expertise Specialized natural support Call Now Talk to the Doctor Meet Naturopathic Doctor At Rivers Wellness In Wethersfield, CT Dr. Keith at Rivers Wellness Dr. Keith offers advanced naturopathic training in functional medicine in Wethersfield, CT. Chronic illnesses and immune imbalances are

supported. Dr. Keith’s tailored, scientifically informed methods focus on total-body restoration. Dr. Keithe is with Rivers Wellness. Dr. Keith develops individualized wellness strategies. These strategies help patients improve their conditions and restore their vitality Meet Dr. Yimoyines Advanced Functional Medicine Therapies In Wethersfield CT Hormonal Health Find the best hormone imbalance treatment in Wethersfield, where we provide natural strategies. This will help to balance hormones, boost energy, and enhance mood. That would be all with personalized protocols for lasting hormonal harmony. View More Lyme Our Lyme doctor in Connecticut offers herbal support, immune-strengthening, and natural protocols. All these are to help you heal from chronic Lyme disease and tick-borne illnesses. View More TBD A wellness category, a tick borne disease treatment in Wethersfield CT, offering natural solutions. It will help to provide the benefits your health needs. View More How Naturopathic Medicine Helps You Naturopathy is an educational and holistic perspective to wellness and wellbeing. Naturopathy practitioners also look at the full person and consider the history of imbalances, daily patterns, and routines to find and correct superficial and deeper imbalances. This is particularly important for the assessment and management of chronic fatigue, digestive disturbances, hormonal pain, autoimmune pain, and associated conditions. Your health can and will improve. The changes will be lasting and will stand the test of time.”

055. ND Futterman Pages at stamfordnaturalhealth.com

a) from stamfordnaturalhealth.com:

“NATUROPATHY Naturopathic Medicine: Holistic, Gentle, Safe, Effective, Natural Health Care Philosophy The Philosophy Underlying Our Practice Comparisons Naturopathic vs. Conventional Medicine Taking Charge ProActive Health Care – Taking Charge of Your Health Natural Health Care for the Whole Family Click here for the latest Spotify interview with Dr. Laura Futterman and Alina Rendina Health and Vitality are the Natural State of your body and mind. You have an inherent, intelligent, inborn self-healing capacity that can be harnessed to return you to health and well-being. This is the purpose of natural medicine, and this is Dr. Futterman’s goal with each and every patient. Dr. Futterman uses the full range of natural medicines: Diet and Nutrition to make sure your body and mind are well-nourished; Herbal medicines to help balance and protect you, as well as to treat infections and pain; Homeopathic remedies and Flower essences to help address your unique concerns and to balance the mental-emotional aspect of wellness to address both physical pain and to help create the physical balance necessary for optimal health. They will customize a natural treatment plan to address your concerns, and work with you to fit it into your busy lifestyle. Now patients can order online! Please email Dr.Futterman at scnh.info@gmail.com for your access code. Purchase products through our Fullscript virtual dispensary. Healy WHAT IS HEALY? Healy is the newest invention in healthcare. It is a wearable holistic wellness device used to balance the body’s energetic field and activate your self-healing capacity. It has medical as well as non medical applications that use individualized frequencies to help balance your mind and body and to relieve stress. Frequency therapy restores cells in the body using specific micro currents for your health, vitality and

overall well-being. If you have questions about our practice, or natural therapies for your particular condition, we hope you'll contact us. We're happy to be of service to you. Have a great day! Dr. Laura Futterman Founder & CEO Dr. Laura Futterman is a graduate of the world-famous National College of Natural Medicine in Portland, OR, the oldest and most prestigious Naturopathic Medical School in the nation. After graduation, Dr. Futterman was selected from among many candidates for a one-year teaching residency at National College."

b) from stamfordnaturalhealth.com/naturopathy/naturopathic-philosophy:

"Naturopathic Philosophy The Philosophy Underlying Our Practice "Health is simple, disease is complex." This simple aphorism means that health is normal and natural, and disease ("dis-ease") is always a sign that the bodymind is out of balance. Thus, treating disease is always a matter of restoring the body and mind's normal, natural, physiological function. We deviate from health by deviating from the diet, lifestyle, and environment our bodies were designed for. Thus, the stress of modern 21st Century American life (especially in the Tri-State Area); our diet that is so unlike what our ancestors ate 7000 or 20,000 years ago; our environment, which exposes us to noxious and toxic chemicals which we cannot metabolize; our sedentary lifestyle; the medications which suppress disease symptoms and alter the normal functioning of our systems; our genetics; and several other factors combine to create disease. We have observed that when diet and lifestyle are changed, and natural remedies (such as nutritional supplements, herbal and homeopathic medicines, acupuncture, and other natural measure, herbs, nutrients, home remedies, manual therapies, acupuncture, detoxification, and others) are judiciously applied, the body heals itself naturally. Just as light dispels darkness, the building of natural health dispels disease. The American Association of Naturopathic Physicians has adopted the following six-point philosophy to guide the naturopathic profession 1) Vis Medicatrix Naturae – The Healing Power of Nature: The fundamental underpinning of naturopathic medicine is that the bodymind heals itself. The doctor is a helper and guide, not the force behind the healing. Nature, operating through the body as an innate self-healing intelligence, is what guides healing, whether recovering from a cold, healing a cut, or overcoming cancer. Everyone has this natural healing power, to varying degrees (depending on a variety of factors.) Conventional medicine does not recognize this natural healing power, and relies instead on drugs and surgery to suppress symptoms (which are, in fact, an expression of the body's attempt to heal itself.) 2) Tolle Causum – Treat the Cause: When the cause of illness is removed, the natural healing ability of the body can assert itself. In fact, disease is caused by things that block the natural healing ability of the body. In some cases, when causative factors are removed, little or nothing else is required to restore health. Causative factors of disease and dysfunction can include dietary, pharmaceutical, environmental toxins, psychological, and lifestyle factors. 3) Treat the Whole Person: There is no such thing as a naturopathic gastroenterologist or naturopathic opthalmologist. Naturopathic Physician specialize in treating the whole person. This is because naturopathic physicians recognize that 1) health must be holistic – meaning you are only as healthy as your weakest link; and 2) the notion of specialization implies that

disease rather than health should be the focus of the physician. For instance, an endocrinologist specializes in diseases of the endocrine system, not the health of the endocrine system. It is only by attending to the health of the whole person – meaning all body systems as well as the mental and emotional levels – that true healing can take place. So while naturopathic physicians may have an area of special interest, such as pediatrics or gynecology or autoimmune disease or the like, they recognize that factors as diverse as psychological health or a dietary issue or an imbalance in the state of the digestive tract may be the causative factor. A specialist in diseases of specific systems or areas of the body is unlikely to be able to take such a holistic view. In contrast, a naturopathic physician should take a truly holistic approach. 4) The multifactorial nature of disease: This is actually an elaboration of the point above. Health is determined by a multitude of factors. While conventional medical science tends to point to genetics or some unexplained, isolated biochemical defect as the sole factor in disease, in fact every aspect of your life impacts your health. Diet, lifestyle, exercise (or lack thereof), medication history, exposure to environmental pollutants, stress, relationships, job and home life – are all crucial factors in the functioning of your bodymind. Any one of these could be as important as genetics in a given condition. The role of a naturopathic doctor is to look at any aspect of your life that might be contributing to your condition, and to address that, or to refer you to someone who can address it. 5) Prevention: Naturopathic medicine truly believes that an ounce of prevention is worth a pound of cure. Of course, when you consider that naturopathic doctors create health in order to treat disease, it becomes obvious that prevention and cure often overlap. Conventional medicine tends to view preventive medicine as mammography or vaccination or PAP smears – in other words, early disease detection or in the case of vaccination, disease-focused prevention. Naturopathic physicians take a different view: that supporting Vis Medicatrix Naturae, and building health, is the true meaning of prevention. 6) Docere – Doctor as Teacher: The word doctor is derived from the Latin docere, which means “to teach.” So the true meaning of medicine and doctoring is not simply to treat disease, but to educate people in the ways of health so that they can maintain it for themselves. This will contribute to prevention, since education about health is the best preventive medicine there is. Naturopathic physicians spend more time with their patients (compared to medical doctors, osteopaths, and chiropractors) because they understand this vital link. While people usually leave a medical doctor’s office with a prescription for a drug that they know nothing about, and often little other information about their condition or its cause, it is not uncommon to leave a naturopathic doctor’s office with the feeling that you’ve been respected, listened to, and that the doctor gave serious thought to you and your situation.”

c) from stamfordnaturalhealth.com/naturopathy/comparisons:

“Comparisons Naturopathic vs. Conventional Medicine Naturopathic Doctors (NDs) Conventional Doctors (MDs) Their goal is to support your body’s natural, intelligent ability to heal itself Tend to presume that your body is incapable of healing itself. Their goal is to remove and/or treat the cause of the problem. Their goal is usually to treat the manifestation, or the effect, of the primary disturbance. NDs attend

four-year post-graduate medical school. MDs attend four-year post-graduate medical school. NDs must pass a national board exam. MDs must pass a national board exam. NDs realize that dietary and lifestyle changes can significantly impact, and even cure, disease and dysfunction. MDs focus on drugs and surgery to treat disease, and usually spend little if any time on the role diet and lifestyle play in how you feel. NDs realize that health and disease are on a continuum, and that not all conditions fit into conventional disease categories. MDs tend to believe you're healthy if you don't fit into a disease category and your tests are normal. NDs are experts in natural therapies, including nutritional and herbal supplementation, homeopathy, and alternative methods of diagnosis. MDs tend to be only familiar with drugs and surgery, and often are not even aware of the extensive research that verifies the effectiveness of natural medicines. Naturopathic Doctors are trained in laboratory and clinical diagnosis, and spend the first two years of their training studying anatomy, physiology, microbiology, and pathology. Medical Doctors are trained in laboratory and clinical diagnosis, and spend the first two years of their training studying anatomy, physiology, microbiology, and pathology. Naturopathic Doctors are licensed as physicians in about 20 states, provinces, and jurisdictions in the U.S. and Canada, to diagnose disease and treat it using natural methods. We tend to focus on wellness, and restoring you to health, rather than on managing the supposed inevitable progression to disease and debility."

d) from stamfordnaturalhealth.com/naturopathy/conventional-medicine:

"Conventional Medicine. The Role of Regular Medicine (MDs, Drugs, Surgery). Naturopathic Medicine is not opposed to conventional medicine as a matter of dogma in all situations. It is more a matter of a different philosophy, and a preference for using less toxic, less harmful treatments that give the body a chance to heal itself, and for identifying the cause of a condition rather than suppressing symptoms of that condition. Most medical doctors, because they know little to nothing about natural treatments and don't understand naturopathic philosophy, think naturopathic medicine is unscientific. In fact, this is incorrect. There is ample evidence, from all fields of scientific research, showing the efficacy of natural remedies. The accusation of lack of scientific support for naturopathic medicine does not recognize the bias of current conventional medicine. Many treatments that naturopathic physicians use today were part of conventional medicine at some point in time, and were abandoned not because they were dangerous or ineffective, but rather because pharmaceutical companies promoted a new treatment as better, so doctors abandoned the old one. Drugs, surgery, and standard diagnostic procedures have an essential role in medicine – particularly if you've just been in a car accident, have a life-threatening infection, or are so sick that you have to go the emergency room or be admitted to a hospital. But for the great majority of conditions for which people seek medical care, the naturopathic approach is safer and more effective, with less chance for harm, than what conventional medicine has to offer. As a rule, we always advises his patients to continue working with a conventional physician; to discontinue medicine only in consultation with the doctor who prescribed it; and frequently refers patients to medical specialists for

specialized diagnosis or treatment. It is not necessary to discontinue your prescribed medicine in order to undertake a treatment regimen with us."

e) from stamfordnaturalhealth.com/naturopathy/taking-charge-of-health:

"Taking Charge of Health. ProActive Health Care – Taking Charge of Your Health. Too often, patients leave their doctor's office with only a prescription for medication, and little information about their condition or its cause. Often, whatever information they are given tends to further the notion that their condition is inevitable, incurable, and that the only possible course of action is to treat the symptoms with medication, or to remove the offending body part, surgically. Naturopathic Physicians use therapies that can have remarkable results, even in those conditions that are commonly considered incurable. But – and it is nearly impossible to emphasize this enough – it is highly improbable that you will get results you are seeking in naturopathic medicine unless you, the patient, take an active role in your health. This means a willingness to make diet and lifestyle changes; to take nutritional and/or herbal supplements that have been recommended; to pursue complementary treatments such as acupuncture or other natural therapies; and, perhaps most importantly, to be patient with the process of healing. In short, a successful naturopathic patient is often the one willing to make dietary and lifestyle changes. The more severe your condition, the more important this factor is. A cancer patient, or someone with Systemic Lupus, may feel like they have to turn their life upside down in order to implement a naturopathic program. Of course, given the benefits and the seriousness of the condition, that is what is called for. (And, keeping in mind the side effects and demands of drug therapy for some of these conditions, some changes are inevitable anyway.) On the other hand, some cases may be quite simple and require only small changes, but it is never reasonable to expect dramatic changes in your health without significant effort on your part. The crux of the matter is this – with naturopathic medicine, the physician can help you by identifying possible causes of your condition and guiding you on the path back to health. But it is you, or perhaps you and your loved ones, that will have to take the steps along that path."

f) from stamfordnaturalhealth.com/naturopathy/health-a-gut-feeling:

"Health: A Gut Feeling. Why We Will Probably Talk to You About Diet and Digestion. We have all heard the old saying "You are what you eat." In naturopathic medicine, it would be more accurate to say "You are only as healthy as what you eat, absorb, metabolize, and excrete." Which means, essentially, that you are only as healthy as your diet AND your digestive tract. A person with a healthy diet but an unhealthy digestive tract can not be fully healthy. And a person with an unhealthy diet cannot be healthy – partially because such a diet will result in an unhealthy digestive tract. Many people have difficulty understanding the connection between the digestive tract and conditions that are not normally associated with the digestive tract – conditions as diverse as allergies, asthma, autoimmune disease, headaches and migraine headaches, chronic inflammatory diseases, even high cholesterol. The state of the digestive tract is influenced by diet, stress, medications, and other factors. Also, the digestive tract is unique to all the organ systems of the body, in

that It has an enormous immune system that interacts with the immune system of the rest of the body; like the respiratory tract, it is composed of an enormous mucous membrane system that interacts with the outside environment (the “tube” of the digestive tract is continuous from one end to the other with the outside world); it has a nervous system that is secondary in size and importance only to the central nervous system; it hosts a population of microbes (bacteria, yeast, and other organisms) than outnumber human cells in our body and which comprise a complete ecological system on their own; and is responsible not just for the absorption of nutrients but also for excretion of metabolic waste and toxins. Most important is that toxins that are formed in the digestive tract, or removed from the bloodstream by the liver, can be absorbed back into the bloodstream. This intimate relationship between the GI tract and the bloodstream makes the state of the digestive a primary, and in many cases THE primary, influence on health. So, if you come in for allergies (or another chronic inflammatory condition) and we recommend a course of treatment that seems directed at your gut rather than your nose or histamine levels or whatever you had expected, now you understand a little more why.”

g) from stamfordnaturalhealth.com/what-we-treat/conditions:

“ Conditions: A Partial List of Conditions We’ve Successfully Treated With Naturopathic Medicine. ADD / ADHD Acne Allergies Anxiety, Social Anxiety Arthritis Asthma Autoimmune Disease (Lupus, Rheumatoid Arthritis, etc) Back Pain Binge Eating Bipolar Disease Bronchitis, Colds and Flus (Recurrent) Carpal Tunnel Syndrome Chronic Fatigue Chronic Pain Conditions Colitis/Inflammatory Bowel Dz Degenerative Joint Disease Dermatitis Depression Diabetes and “Pre-Diabetes” Digestive Disorders Eczema Endocrine Conditions Fatigue Fibromyalgia Focus/Concentration Difficulties Headaches (chronic) High Blood Pressure (Hypertension) High Cholesterol, Heart Disease Improves effectiveness of anxiety and depression medications Infections, Recurrent Inflammatory Bowel Disease Insomnia Irritability, Hostility, Agitation Irritable Bowel Syndrome Joint Pain Lack of Energy Lupus Lyme Disease Menopausal Symptoms Menstrual Pain Migraine Headaches Muscle Pain Neck Pain Never Well Since An Accident/Injury Never Well Since An Illness Never Well Since Pregnancy Obesity, Excess Weight Osteoarthritis Overweight Panic Attacks Parkinson’s Disease PMS Post-traumatic stress disorder Premenstrual syndrome (PMS) Recurrent Infections (Sinusitis, Bronchitis, Ear Infections, Colds, Flus) Rheumatoid Arthritis Sexual Issues Shoulder Pain Sinus Headaches Skin problems Stress (Physical or Emotional) Thyroid Disease Weight loss.”

h) from stamfordnaturalhealth.com/what-we-treat/lyme:

“Lyme LYME DISEASE Lyme disease is commonly known to be caused by the bacteria, Borrelia Burgdorferi through a tick bite. After the initial bite, symptoms can appear up to 4 weeks later and includes fever, joint pain, swollen lymph nodes and the characteristic bull’s eye rash that is also diagnostic of LD. Doctors will order the Elisa Lyme test with reflex to Western Blot if Lyme is suspected or if the patient presents with the erythema migrans rash, the doctor will prescribe a course

of an antibiotic without the need for a positive test because it is so specific to Lyme Disease. Seems straightforward, right? Unfortunately, it is not that easy and simple! The first issue is that the Lyme bacteria have now mutated and the estimate for different number of strains are upwards of 200-300 or more and only a few have been identified. The current test that is run only tests for the presence of b. burgdorferi. The second is that LD isn't just spread by ticks anymore, it can be spread by any biting insect, including spiders, horse flies, mosquitoes, fleas, etc. It is known now as a vector borne illness, not a tick borne illness. LD was also once thought to only affect those on the east coast because the first case was in CT in 1975 but the bacteria has been around much longer than that and has origins in Europe. Cases of LD are reported on every continent except Antarctica because it is too cold for the bacteria to survive. Third, the Elisa and Western Blot are highly inaccurate and miss active Lyme in over 50% of cases. This means that people go undiagnosed for months and even years and get treated for hormonal imbalance, multiple sclerosis, early onset Alzheimer's/Parkinson's, anxiety/depression, fibromyalgia, and many others but not improve. Lyme is considered the ""great mimicker because it can mistaken for many other diseases and many go misdiagnosed. The most common stories I see in my practice is that a patient has seen over 5-10 doctors and specialists over a several year span and have been told it can't be Lyme because it didn't show up in their blood work, have been told "it's all in their head", they would just feel better if they lose weight, they are depressed, and so on. As one would imagine, the patient is very frustrated and sometimes hopeless that they will never get better and there is still no diagnosis to explain their symptoms. The bull's eye rash which is so characteristic and specific for LD only shows up on about 50-60% of cases so not seeing the rash does not rule out Lyme. The Merck Manual even states that Lyme Disease is one of a clinical diagnosis because the current testing is highly inaccurate. Thankfully, there are more accurate tests no test is 100%. Dr. Futterman uses Vibrant Wellness Tickborne Complete test and IGenex labs as well as other specialized testing such as heavy metal testing, Galaxy Labs, neurotransmitter and adrenal testing and many more. Dr. Futterman uses a range of treatments and therapies that are tailored to the individual. Treating chronic Lyme is actually a lifestyle and nutrition/diet is addressed, sleeping habits, supporting detoxification pathways, exposure to toxins, etc. Herbal, nutritional, homeopathic modalities are used as treatment since it is imperative that the immune system be strengthened, detox pathways are working efficiently because this is what will heal a person. The bacteria and other co-infections have taken over because the immune system was comprised in some way we want the immune system to do it's job. Dr. Futterman is not opposed to antibiotics when used appropriately and with immune support and does refer to Lyme Literate Medical Doctors (LLMD's) if necessary. Dr. Futterman and her husband have personally battled chronic Lyme and co-infections which opened her eyes to the lack of knowledge the typical current medical community has and even what she was taught in Naturopathic school. She spent countless hours searching on her own and attending conferences for further knowledge so she can not only help herself and husband but her valued patients. Chronic Lyme Disease is a journey but people can get their life back!"

i) from stamfordnaturalhealth.com/services-and-insurance-information:

“Services, Fees and Insurance Information Services and Insurance information: As of 08/01/2025: Dr. Futterman is no longer accepting any insurance and will be considered an out of network provider as of 8/1/2025 A superbill will be provided to patients to submit to their insurance company as an out of network claim. Initial visit fees are $450 and are one hour Follow up visits are $225 Payment is due at time of service (acceptable forms: cash, check, credit, PayPal, Venmo), patients can also use their HSA/FSA cards for payment Dr. Futterman is currently doing Telehealth appointments Tuesdays, Thursdays and some Fridays and seeing patients in the office on Mondays, Wednesdays and some Fridays Natural Therapies that Work – How We’ll Help You Click to jump down to description: Dietary Analysis Dietary Coaching Nutritional Supplementation Herbal Medicine Detoxification Programs Amino Acid Neurotransmitter Therapy Supplement Review and Analysis Dietary Analysis We will evaluate your diet in a number of ways. While it is possible to recommend a “healthy diet,” in fact, every bodymind is unique and requires different foods. We’ve all heard the saying “One man’s meat is another man’s poison.” In naturopathic medicine, this is literally true. A food that is healthy and life-giving for one person can be the cause of crippling symptoms in another. We will analyze your diet for: Overall nutrient intake Balance of macronutrients (Fats, Carbohydrates, Protein, Fiber, Water) Food sensitivities: individual idiosyncratic reactions to foods that are a major cause of disease and health problems. An example familiar to many people is lactose intolerance (in fact a person can be sensitive to dairy yet able to tolerate lactose.) We employ the only truly accurate and scientific method for evaluation of food sensitivities: elimination and reintroduction. Pseudoscientific methods like bioelectronic devices (Vega, Enterro) and blood and skin testing (IgG and IgE, respectively) are all unverified, unverifiable, and likely to be inaccurate. Weight Loss/Blood Sugar Balance: Lately low-carb diets are all the rage lately. Ten years ago, many nutritionally oriented practitioners recommended a low-fat diet for everyone. In truth, different people have different body types that thrive on different diets. You wouldn’t feed grass to a lion and you wouldn’t feed meat to a deer. We will help you determine what works best for you. Dietary Coaching It’s simply not that easy for most of us to make dietary changes, especially the kinds of dietary changes that will result in a true shift in our state of health. With so much conflicting advice out there about what constitutes a healthy diet; the difficulty in actually carrying out a given dietary regimen; the time constraints most of us have in our lives; and the emotional issues surrounding food and eating, it is no wonder we have trouble with health or weight loss diets. We will coach you through your dietary changes, giving you specific advice, specific meal and snack suggestions, at the same time placing the impetus squarely on you to take charge of your own health. Many times a busy M.D. tells a patient “you need to eat healthier” or “lose weight” without any specific guidance and, seemingly, without much understanding of how difficult diet changes can be, and how some people don’t seem to lose weight no matter what they do. We take a caring, hands-on approach to help you meet your goals. Nutritional Supplementation Have you noticed how many different nutrient supplements are available to you these days? Have you wondered whether to take B vitamins and

Selenium separately, or whether you should get them in a multivitamin? Have you been tempted to take CoQ10 and Pycnogenol and Colostrum and Astragalus and alpha-Lipoic Acid and a dozen other “cutting edge” nutrients that get written up in the alternative medicine press? Have you wondered if there is a difference in quality between the supplement and vitamin pills you get from a warehouse store, a drugstore, a healthfood store, and your next door neighbor who just started selling a line of vitamins? Are you concerned that you should be taking Calcium, but wonder if there’s any difference between Caltrate and Tums, and whether Vitamin D and Magnesium are important? With all the conflicting information about supplements in the media – I haven’t even mentioned the anti-supplement “scientific articles” that the mainstream press is so eager to pick up on – it helps to have an expert to turn to. We can help you understand which nutrient supplements are worth taking, which you shouldn’t waste your money on, and which will help YOU the most. We use nutritional supplementation in accordance with naturopathic philosophy – meaning we uses it to help your body heal itself, and to help you treat the cause of the problem. Supplements recommended by a health food store, a pharmacy, a medical doctor, or anyone who is not trained in naturopathic philosophy are much less likely to serve this same function. We carry specialized supplements from companies that sell only to health professionals and licensed pharmacists. The companies that make these supplements hold themselves to higher standards of purity, and make their products in small batches under carefully controlled conditions rather than in a large scale, industrial-type process. Herbal Medicine Herbs have been used as medicine for as long as people have been on earth. (Maybe longer – domestic and wild animals have been observed selectively eating certain plants when they have certain health conditions. Many of these plants have subsequently been verified to have anti-disease activity.) In fact, many of our modern drugs are actually isolates of one active ingredient from among the many chemicals in a given plant. One advantage of herbs over drugs is that they tend to have balancing effects. This means an herb with stimulatory properties often has properties that are inhibitory or calming, so that the stimulatory effect of the plant is held in check. These complementary properties are lost when isolated pharmaceuticals target a single biochemical mechanism in the body. Whereas, drugs frequently cause the system to go out of balance (often known as “side effects”) herbs help the system to return to balance. The products we carry are of the highest purity and quality, and prepared in small batches under carefully supervised conditions. Detoxification Programs Our bodies are bombarded every day by xenobiotic (literally, “foreign to life”) chemicals that impact every cell and organ. They are especially toxic to the nervous system, the endocrine system, and the immune system. Scientists around the globe are investigating the relationship between these poisons and increasing rates of cancer, hormonal problems, neurological disease, and autoimmune disease. These toxins come from industry, residential and commercial pesticides and herbicides, mercury and other toxic metals in our waterways and soil; cosmetics; fossil fuels; building materials. In short, despite our best intentions, it is impossible to avoid exposure to harmful toxins, and it is impossible to avoid storing these toxins in our bodies. This has been proven by government surveys that find every single American, regardless of diet and place of residence, has toxic material stored in their body (it’s worth noting that

this is true for remote Alaskan Island natives as well as for people living in industrialized and urban areas). People with serious illness, or people who would like to prevent serious illness or who just want to feel better, may be interested in detoxification programs. Even people who just want to improve their appearance and youthfulness can benefit from detoxification. Our detoxification programs include short- or long-term programs; specialized diets; modified fasting; recommendations for home detoxification treatments like hydrotherapy; herbal and nutritional supplementation programs that maximize your body's ability to handle and eliminate stored toxins; and far-infrared sauna therapy, a specialized sauna program that aggressively eliminates waste through your body's largest organ, your skin. Amino Acid Neurotransmitter Therapy Research on brain chemistry has revealed that chemicals called neurotransmitters (NTs) are directly responsible for mood, behavior, focus, concentration, pain perception, energy level,and many other neurologically-based states and conditions. Drugs like Prozac, Zoloft, Xanax, Welbutrin, Lexapro, Effexor, and Ritalin all influence NTs. But amino acids, the natural building blocks of both proteins and NTs, do something pharmaceuticals cannot: they increase NT levels in the brain, and they help create a proper balance of NTs. Drugs, on the other hand, tend to deplete and imbalance NTs. Because NTs are so crucial to regulation of mind and body, NT amino acid therapy can help a wide variety of different conditions. A partial list of these symptoms follows: ADD / ADHD Addictions (alcohol, drugs, etc) Anorexia Nervosa Anxiety, Social Anxiety Binge Eating Chronic fatigue syndrome Depression Eating disorders (anorexia, bulimia) Fatigue Fibromyalgia Improves effectiveness of anxiety and depression medications Insomnia Irritability, Hostility, Agitation Migraine headaches Obesity, Excess Weight Obsessive-compulsive behaviors Panic attacks Parkinson's Disease Post-traumatic stress disorder Premenstrual syndrome (PMS) Stress (Physical or Emotional) Weight loss and eating disorders This treatment is called "Neurotransmitter Therapy" because it augments the very chemicals your brain and nerve cells use to communicate with one another. When your nervous system does not function properly, your body and your brain do not function properly – it is that simple. NT therapy corrects the chemistry of the brain and nervous system, the master computer of the body. NT therapy has been used successfully in thousands of people; is based on solid, published scientific evidence; is completely safe and natural; and does not interfere with medication – in fact, it frequently allows medication to work better. Many patients are able to reduce or eliminate medication, especially when they combine NT therapy with a naturopathic approach to health. To read more about this topic, click here. Supplement Review and Analysis Many people take supplements without being certain that they are appropriate, or the best for their individual situation. We can help you understand which nutrient supplements are worth taking, which you shouldn't waste your money on, and which will help YOU the most. After going over your medical history, we will have you bring in your supplements, go through them one by one, and explain what you do and don't need. We will suggest other strategies that might advance your health further."

j) from stamfordnaturalhealth.com/about-2:

“About. About the Doctor. Dr. Laura Futterman is a graduate of the world-famous National University of Natural Medicine in Portland, OR, the oldest and most prestigious Naturopathic Medical School in the nation. After graduation, Dr. Futterman was selected from among many candidates for a one-year teaching residency at National College. She helped supervise student doctors at 8 different clinics – all of them integrating natural and conventional medicine – including a low-cost community clinic for homeless youth; an alcohol and drug addiction and rehabilitation clinic; as well as a conventional naturopathic medical clinic that served families, women and children, and the full range of general and family practice and natural internal medicine. During this time, she worked with literally thousands of patients, bringing them the best of both naturopathic and conventional medicine. Dr. Futterman continues to be interested in the full spectrum of natural medicine, and reads extensively on health and healing. Dr. Futterman received her B. Sc. from the University of Illinois at Chicago, where she majored in Biological Sciences and Pre-Med. While a full-time student, she was medical receptionist and Chiropractic Assistant at the Center for Integrative Medicine, which is affiliated with Northwestern University. It was here that her passion and interest in Naturopathic medicine flourished. Dr. Futterman’s interest in natural medicine came about as a result of her own struggles with health and pain, and the seeming inability of conventional medicine to help her. Dr. Futterman suffered from chronic knee pain, resulting from an injury, from the time she was a young girl. After ten years of prescription pain medication, physical therapy, and surgery on both knees, she was still in chronic pain. It was at this point that she decided to pursue a different path, visiting both a Naturopathic Doctor and a Chiropractor. By following a program of natural medicine that included diet changes as well as a wide range of other natural therapies, she finally began to experience relief for the first time since she was a child. Currently, she has been pain-free and has returned to a full exercise regime. These experiences opened her eyes to what Natural Medicine can do, and that there are ways to treat disease, and to get relief from suffering, that are ignored by the world of conventional medicine. Since that time, she has had wonderful success helping her family, pets and her patients using Naturopathic Medicine. Dr. Futterman is an eclectic naturopathic physician, meaning she uses a variety of natural methods, custom prescribed to fit the needs of each patient. These healing modalities include dietary and nutritional counseling; herbal medicines both ancient and modern; homeopathic remedies; flower essences, which are used to bring about emotional healing to help the body heal itself. Dr. Futterman has found that a wide range of chronic diseases respond to Naturopathic Medicine, including Diabetes, Allergies and Asthma, Chronic Pain, Premenstrual Syndrome (PMS), Depression, Insomnia, Chronic Fatigue, Gastro-Esophageal Reflux Disease (GERD), digestive complaints such as Irritable Bowel Syndrome, “gas and bloating”, Constipation, High Blood Pressure and Thyroid Disorders – to name a Just a few! Her philosophy is to always try to find the underlying cause of your illness; to educate and counsel patients so that you will be able to take an active and informed role in your own care; and to tailor her treatments to your unique needs and situation. Dr. Futterman is a native of Chicago, and returns there frequently to visit friends and family. She enjoys spending time with her friends and family, cats and loves the outdoors.”

056. ND Erath ND Krete Pages at fernwoodholistichealth.com

a) from fernwoodholistichealth.com/services-old/naturopathy:

“Naturopathic Medicine. Naturopathy is a holistic approach to healthcare that focuses addressing the root causes of symptoms or illness, supporting the body’s natural healing processes through personalized treatments, and promoting overall wellness. Below are the Principles of Naturopathy that guide naturopathic doctors (NDs) in holistic, patient-centered care. These principles emphasize the body’s natural ability to heal, focus on root causes of illness, and prioritize prevention for long-term wellness. First, Do No Harm (Primum non nocere):Naturopathic physicians recognize the body’s inherent ability to heal itself. The Healing Power of Nature (Vis medicatrix naturae): Naturopathic doctors recognize the body’s inherent ability to heal itself. Identify and Treat the Causes (Tolle causam): Naturopathic doctors identify, address and remove the underlying causes of disease. Doctor as Teacher (Docere): Educating and supporting patients on personal health management is an important role for naturopathic doctors. They empower patients to take responsibility for their own health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship. Treat the Whole Person (Tolle totum): This is a holistic concept that recognizes the body as an integrated whole. Naturopathic doctors treat the patient, not the disease. A naturopathic assessment addresses the nutritional status, lifestyle, family history, physical, mental, emotional, genetic, environmental and social factors in a person’s life. Prevention (Praevenic): Naturopathic doctors promote a focus on overall health, wellness and disease prevention. What to Expect with Naturopathy: As a patient of naturopathy at Fernwood Holistic Health you will be treated and evaluated as an individual, and your health plan will be specific not only to what diagnosis you have, but to you as a whole person. Rather than looking at each individual symptom or diagnosis as separate, the goal in naturopathy is to find the connections between your symptoms, to look at the bigger picture, and to treat the cause of your issues from the ground up. Your naturopathic medical evaluation will include a thorough history, physical exam, labs and imaging, and collaboration with other health care provides when necessary. Naturopathic physicians order many of the same types of labs you may have at a conventional doctor’s office, but also often include a more thorough lab evaluation including nutritional factors, hormonal testing, food sensitivity testing, and more. Complimentary modalities such as botanical (herbal) medicine, therapeutic nutrition, therapeutic exercise, homeopathy, hydrotherapy, Chinese Medicine, acupuncture, counseling, and diet & lifestyle modification, are often used in naturopathy. These therapies are effective, but generally safer, less toxic, and have fewer side effects than conventional therapies. In fact they often have side benefits and improve overall health, rather than causing negative side effects. At Fernwood Holistic Health, we use these naturopathic techniques in individualized treatment programs to help you achieve your unique health goals. Conditions Commonly Treated with Naturopathy: Allergies of all kinds, including mold sensitivity Asthma and respiratory conditions Autoimmune conditions such as rheumatoid arthritis, lupus, sjogren’s, etc Cardiovascular issues such as high cholesterol, high blood pressure, palpitations, atherosclerosis, congestive heart

failure, etc Diabetes, prediabetes, hypoglycemia and other blood sugar issues Digestive diseases such as IBS, IBD, SIBO, acid reflux, gall stones, ulcers, constipation, yeast overgrowth and microbiome imbalances, etc Fatigue, including Chronic Fatigue Syndrome Fibromyalgia Headaches and migraines Hormonal issues such as PMS, infertility, menopause, perimenopause, PCOS, etc Infections including acute infections and issues with recurrent infections, ear infections, chronic Lyme or tick born disease Musculoskeletal conditions such as arthritis, osteoporosis, osteopenia, muscle spasms, tendonitis, low back and neck pain, gout, plantar fascitis, etc Psychiatric conditions such as anxiety, depression, insomnia, ADD Skin conditions, such as eczema, psoriasis, acne, rosacea, hives, and other rashes Stress and associated conditions Thyroid conditions, especially hypothyroidism and Hashimoto's Urinary issues such as overactive bladder, recurrent bladder infections, Interstitial Cystitis, BPH, kidney stones, etc Weight management and health optimization. If you do not see your condition on the list, and you're wondering if Naturopathic Medicine might be able to help you, please contact us. We are happy to speak with you and help you decide. We often see patients with a variety of symptoms that no one has been able to accurately diagnose. Naturopathy and Chinese medicine are often successful in helping these patients find the cause of their symptoms. Dr. Krete and Dr. Erath offer free 15 minute consults by phone or in person via appointment if you feel you need additional information before scheduling an appointment."

b) from fernwoodholistichealth.com/services-old/acupuncture-and-chinese-medicine:

"Acupuncture and Chinese Medicine. Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), has been practiced for thousands of years as a natural and holistic approach to health and wellness. This gentle therapy involves inserting ultra-thin needles into specific points on the body, stimulating energy flow (Qi), restoring balance, and promoting the body's natural healing processes. Modern research highlights acupuncture's many physiological benefits. It helps reduce inflammation, improve blood flow, and stimulate the body's natural pain-relieving chemicals, such as endorphins. By positively affecting the nervous system, acupuncture can calm the mind, relieve stress, and enhance relaxation. While acupuncture is best known for managing acute and chronic pain, it is effective for addressing a wide range of health concerns. These include digestive issues, hormonal imbalances, migraines, allergies, anxiety, and fatigue. It is also a great complement to conventional treatments, helping to reduce side effects and promote recovery. One of acupuncture's greatest benefits is its ability to foster deep relaxation. Many clients feel calm and rejuvenated during and after a session, which helps support overall wellness. Whether you're seeking relief from a specific condition or aiming to improve your overall health, acupuncture offers a natural, effective, and time-tested solution. Discover how this ancient practice can help you achieve balance, vitality, and long-lasting wellness. Conditions Commonly Treated with Acupuncture: Allergies, asthma, and immune system support Anxiety and insomnia Digestive issues such as IBS, IBD, acid reflux, abdominal pain Hormonal issues such as PMS, menopause, and infertility Headaches and migraines

Musculoskeletal conditions such as arthritis, tendonitis, bursitis, low back and neck pain, knee pain, plantar fascitis, carpal tunnel, and physical injuries of all types Nausea from pregnancy, chemotherapy treatments, and other causes Peripheral neuropathy from chemotherapy treatments and other causes Stress and tension."

c) from: fernwoodholistichealth.com/services-old/massage-therapy-and-craniosacral-therapy:

"Massage Therapy & CranioSacral Therapy. Massage therapy is used all over the world and has been practiced for thousands of years. The use of therapeutic touch and advanced hands-on techniques stimulates and soothes muscles, joints and soft tissue. Massage therapy has been well researched to provide significant benefits to physical, mental and emotional health. The modality of massage therapy can provide pain relief from tense muscles, injuries, and other musculoskeletal issues. Additionally, massage therapy provides stress relief, reduction in anxiety and depression, enhanced immune system function, and lowered blood pressure. At Fernwood Holistic Health, we offer several different specific types of massage therapy to provide distinct benefits. See below for information on CranioSacral Therapy, Cupping and Reiki. Types of Massage Offered: Multi Modality Massage * Swedish 60min/ 90min: Specifically tailored to each client's needs using Trigger Point, Reflexology, Acupressure, Swedish and Deep Tissue massage techniques. Specific Deep Tissue Massage 60min/90 min: A more intense and invigorating massage, concentrating on the deeper layers of muscle tissue. It's primary purpose is to release chronic tension in the body, employing slow, shorter strokes and deep pressure on problem areas. Oftentimes Cupping or Gua Sha are incorporated and the entire session may focus primarily on the target area. Ayurvedic Abhyanga Massage 60min/ 90min: Abhyanga is a form of Ayurvedic Medicine that involves massage of the body with large amounts of oil. The oil is pre-medicated with herbs for specific conditions. This choreographed massage uses friction-based strokes and warm Dosha (metabolic type) specific oils. The oil penetrated deep into the tissues to loosen toxins at a cellular level. Overall, Ayurvedic Abhyango massage promotes circulation, reduces pain and inflammation in arthritic individuals, boosts immune system function, and creates deep relaxation in mind and body. Abhyanga is a wonderful treatment for those suffering from Lyme Disease. CranioSacral Therapy 60min/ 90min: Craniosacral therapy (CST) is a gentle hands-on technique working with the body's soft tissue structures and the flow of cerebrospinal fluid between the head and base of the spine. These structures and fluids protect, support, and nourish the brain and spinal cord. CST uses a light touch to examine movement of the fluids in and around the central nervous system. Additionally, relieving central nervous system tension promotes feelings of well-being by eliminating pain and boosting health and immunity. Prenatal Massage Massage Therapy during pregnancy is a wonderful complementary choice for prenatal care. Massage relieves many of the normal discomforts experienced during pregnancy, such as backache, stiff neck, headaches and edema (or swelling). Additionally, prenatal massage reduces stress on weight-bearing joints, encourages blood and lymph circulation. also helps to relax nervous tension — which aids better sleep. Prenatal Massage can also help relieve depression or anxiety caused by hormonal changes. Cupping

Massage 30 min: Cupping therapy is an ancient form of alternative medicine in which your therapist puts special glass cups on your skin for a few minutes to create suction. Cupping’s many benefits include pain reduction, improved blood flow, decreased inflammation, and relaxation. This session includes a light massage and then cupping for the remainder of the time. Shiro Abhyanga Scalp Treatment 45 min: The term “Shiro Abhyanga” comes from Sanksrit where “Shiro” means head and “Abyhanga” means massage. This treatment involves massage of the head, neck and shoulders with warm oil infused with 18 Ayurvedic herbs rich in hair nourishing minerals, amino acids, and vitamins. This luxurious treatment offers several benefits, including: Relief from stress and anxiety Assistance with insomnia and sleep disorders Alleviation of headaches and migraines Erasing tension in the neck and shoulders Addressing hair related issues Reducing sinus congestion and headaches associated with sinusitis Combating mental fatigue Enhancing overall mental well-being Relief from stress and anxiety Massage Add On Services CBD oil Dry Brush Gua Sha Cupping If you need help deciding which massage therapy is right for you, give us a call!”

d) from fernwoodholistichealth.com/services-old/red-light-therapy:

“Red Light Therapy. A woman receiving red light therapy. Red Light Therapy, also known as Photobiomodulation Therapy (PBM Therapy) or Low Level Laser Therapy (LLLT), is the application of red and near infra-red light over injuries or lesions to: improve wound and soft tissue healing improve local blood circulation and reduce inflammation relieve both acute and chronic pain. These effects have been tested in over 700 randomized clinical trials and thousands of laboratory studies and published in many leading journals including The Lancet, BMJ, Nature, PNAS, Spine, Muscle and Nerve, Pain, and Stroke. PBM Therapy can be used for a variety of conditions including arthritis and joint pain, autoimmune conditions, chronic fatigue, acute and chronic pain and inflammation, anti-aging and collagen production, headaches, concussions, faster post-exercise recovery, improved fat metabolism, improved sleep, improved energy, joint replacements, before and after surgery, nerve pain, neuropathy, neurodegenerative disease, skin conditions, burns, scars, and stress reduction. The red and near infrared light (600nm-1000nm) commonly used in PBM is produced by laser or high intensity LEDs. The intensity of PBM lasers and LED’s in not like a surgical laser–there is no direct heating effect which makes the treatment comfortable and painless. The effects of PBM are photochemical (like photosynthesis in plants). PBM works predominantly on a protein in the mitochondria of the body’s cells (cytochrome c oxidase). When the correct intensity and treatment times are used, red and near infrared light reduces oxidative stress and increases energy production in the cells, which encourages the body’s natural healing process. This improves cell metabolism and reduces inflammation. Sara C.Jeffs is a Certified Light Therapy Specialist and Holistic Health Practitioner who has specialized in Photobiomodulation/Light Therapy for over 12 years. For more information on PBM Therapy, including links to the latest research, please visit www.thorlaser.com. Explore More Holistic Services.”

e) from fernwoodholistichealth.com/about-us:

“The Mission at Our Holistic Healthcare Practice. At our holistic health and wellnesss practice, our goal for every person is radiant health and wellbeing from the inside out. We provide people-centered health care and wellness services, where people come before profits. Our holistic healthcare practice offers alternative and complementary healthcare options and wellness services that can be used alone or in combination with conventional medicine. At Fernwood Holistic Health, your wellbeing is always our highest priority. We aim to provide the highest quality, advanced medicine and wellness services based on science, research, and proven traditional methods. Our holistic healthcare practice creates collaborative partnership relationships with our patients and clients, providing support, guidance, and education to empower each individual to be responsible for their health with the goal of improving their healthcare outcomes and quality of life. Serene spa scene with earthy tones, a bar of soap and a scrub brush on a wooden tray with some dried flowers. Our Team. Dana Krete, ND, Lac. Alicia DeMartin, Lac. Beth Jezyk, LMT. Rebecca Terry, Licensed Esthetician. Sara Jeffs, NBC-HWC, Certified Light Therapy Specialist. Laurel Erath, ND. Abby Valletta, LMT. Sylvia Musial, Office Manager. Dana Krete, ND, Lac. Dr. Dana Krete - Naturopathic PhysicianDr. Krete earned her Bachelor’s in Science, with a major in psychology and double minor in biology and sociology, while completing her pre-medical education as a division 1 scholarship athlete at Eastern Michigan University. With a passionate interest in health, wellness, nutrition, and the bio-psycho-social model of health and disease, she went on to complete a 7 year post-graduate education, earning a Doctorate of Naturopathic Medicine and Masters of Acupuncture at National University of Natural Medicine in Portland, Oregon in 2009. She has practiced in Connecticut for over 15 years since completing her post graduate studies, including spending 7 years as acupuncturist at the Middlesex Hospital Cancer Center’s Integrative Medicine department. She continues to attend Integrative Medicine meetings at Middlesex where she is part of a panel helping educate Middlesex Hospital Integrative Medicine residents. As a Naturopathic Physician and licensed acupuncturist, Dr. Krete uses a multidisciplinary approach to treatment including acupuncture, Chinese and Western herbs, homeopathy, nutritional supplements, lifestyle counseling, and nutritional counseling. Staying true to the roots of both Chinese and Naturopathic medicine, every patient is treated as a whole person and as an individual. She enjoys treating patients of all ages and, as a mother of two, she is very happy to see children in her practice. Dr. Krete is the founder of Fernwood Holistic Health. She has been voted onto the Top Doctor list in her area. When not practicing naturopathic medicine and acupuncture, Dr. Krete can be found spending time with her family, attending their sporting events, hiking with her dog Fern, or at a yoga class. Dr. Krete currently has a waiting list for new patients. If you call to book you will be placed on the waiting list and we will call you when space opens up. Alternatively you can schedule with Dr. Erath for Naturopathic new patients, or with Alicia for Acupuncture new patients. Dr. Dana Krete. Alicia DeMartin, Lac. Alicia DeMartin - Licensed Acupuncturist. A Connecticut native, Alicia DeMartin has been in practice for over 13 years. Alicia earned a BS from the University of Vermont in 1995 and a MS in Oriental Medicine from Southwest Acupuncture College in Boulder, Colorado in 2007. Alicia was in private practice in Eagle, Colorado for six years and has practiced in Connecticut since 2013. In her free time she enjoys

reading, downhill and xc skiing, learning to sail, travel abroad and exploring New England. Alicia has undergone advanced postgraduate training in pain management and orthopedics as well as certification in NeuroAcupuncture from the Neuroacupuncture Institute (NAI) in Santa Fe New Mexico. NeuroAcupuncture is an advanced, evidence-based, contemporary acupuncture technique. NeuroAcupuncture integrates traditional Chinese needling methods with Western medical knowledge of neurology, neuroscience, and neurological rehabilitation. Sterile, single-use needles are placed on the scalp over corresponding regions of the brain to stimulate underlying neural pathways. The technique is well tolerated by patients, often producing remarkable results with just a few needles. NeuroAcupuncture is very effective in the treatment of acute and chronic pain, central nervous system and psycho-emotional disorders including: PTSD, ADHD, anxiety & depression, concussion and TBI, Multiple Sclerosis, Fibromyalgia, Parkinson’s disease, Epilepsy, essential tremor, post-stroke recovery. Beth Jezyk, Licensed Massage Therapist. Beth Jezyk - Licensed Massage Therapist. Beth Jezyk, LMT is a Licensed Massage Therapist practicing since 2001 and Graduate of the Connecticut Center for Massage Therapy in Newington, Ct. Beth is a massage therapist who believes in the healing power of massage and holistic health. Because no two bodies are alike, Beth’s approach is specifically tailored to fit the needs of each individual client. Beth’s massage practice is heavily influenced by Ayurvedic Medicine. Ayurvedic massage is designed to create balance among the mind, body, and spirit, and help the body heal itself. Incorporating warm herb essential oils, as well as time-honored and non-traditional strokes and kneading that suit an individual’s needs. Along with her Ayurvedic and Eastern Therapy practices, Beth also specializes in the treatment of chronic neck pain, migraines, and upper body discomfort. She incorporates a variety of Eastern Medicine techniques such as Chinese Cupping, Gua Sha, Reiki and Marma Point Therapy. Beth additionally practices; CranioSacral Therapy, Prenatal Massage and Western Herbalism. Beth envisions a modern, fair, just, and accessible healthcare system that fully integrates the wisdom and knowledge embodied in holistic approaches to physical, mental, spiritual, and community wellness. See Beth’s specific list of incredible massage therapies on our Services page. Rebecca Terry, Licensed Esthetician. Rebecca Terry - Licensed EstheticianBecky is a Licensed Esthetician and Aesthetic Specialist with 28 years of experience servicing the Connecticut Shoreline. She started her career as a licensed hairstylist and makeup artist decades ago, but her passion for health, wellness, and inner beauty inspired her to further her education. As a professional, she is dedicated and committed to providing each unique client with the highest integrity of services, innovative practices and superior clean and organic products to help each clients skin replenish, refresh and rejuvenate naturally. With safe, effective, and individualized therapeutic skincare and treatments such as LED Light Therapy, Micro Current Therapy, clinical peels, hydra-dermabrasion, and regular facials, her clients achieve unmatched results for all their unique skincare needs. Becky’s career and extensive experience have given her a perfect platform to assess each individual, develop a thorough understanding of each client’s needs, and in turn educate clients on how to achieve their skincare goals, and apply the most effective treatments. Becky uses techniques that work on the cellular level, bringing deep healing, and creating balance and harmony for healthy, radiant skin.

Her services at Fernwood Holistic Health help each client achieve vibrant health from the inside out! A complimentary 15 minute consultation will be provided upon request. Sara Jeffs, NBC-HWC, Certified Light Therapy Specialist. Sara Jeffs, NBC-HWC -Nationally Board-Certified Health CoachSara Jeffs earned her Bachelor's in Science degree at the University of Nottingham, UK in Physical Therapy and owned a successful Rehabilitation and Wellness Clinic for eight years, treating a variety of clients with both acute and chronic conditions, including elite athletes, across a wide range of settings. In her search for holistic and non-invasive treatment, she came across Photobiomodulation Therapy (PBMT), also known as Low Level Laser Therapy (LLLT) or Red Light Therapy, and its powerful healing effects and strong evidence-based research. She has specialized in this treatment method for over twelve years, and has had incredible success in reducing pain, inflammation, and improving circulation for a variety of health conditions. Sara is also a National Board Certified Health and Wellness Coach (NBC-HWC), and has dual coaching certifications with Wellcoaches and the American College of Lifestyle Medicine. She collaborates closely with clients to reach their wellness goals, including stress management, emotional well-being, weight management, and navigating life changes. She is passionate about holistic health and all of its components-physical, mental, and emotional, and believes that anyone can reach their wellness goals with the right support. Other services she provides include guided meditation, mindfulness, breath work instruction, and journaling for healing and self-discovery workshops. Outside of work, Sara loves spending time with her family and dog Obi, running, writing about mental health and healing, and going for walks at the ocean. Laurel Erath, ND. Dr. Erath completed her Bachelor's Degree in General Biology from Stony Brook University in New York. While in college, her own health journey led her to explore how nutrition influences health, and her experience working for a local naturopath deepened her knowledge and passion for wellness. Due to an increasing interest in a holistic healthcare approach, she enrolled in a graduate program at Sonoran University of Health Sciences (previously Southwest College of Naturopathic Medicine), obtaining her Doctorate in Naturopathic Medicine in 2016. A residency program in Vermont brought her back towards her east coast home. She has spent the last nine years serving as a primary care naturopathic doctor in multiple counties in Vermont, currently maintaining a practice at Rutland Naturopathic Clinic. Dr. Erath is excited to bring her experience to Fernwood Holistic Health. Her care is rooted in naturopathic principles and brings awareness to the synergy of mental and physical health. She believes that by restoring the foundations of health, little by little the body is guided back into an environment where it can heal itself. Her individualized treatment plans include nutrition counseling, lifestyle counseling, homeopathy, nutritional supplements, botanical tinctures, and craniosacral therapy. She is grateful to be a part of each individual's healing process, guiding patients through as many steps as needed to identify and treat the root cause of health concerns. Abby Valletta, LMT. Abby is a licensed bodyworker who graduated from the American Institute for Alternative Medicine in 2017. Her work largely consists of neuromuscular therapies, nervous system regulation and Visionary Craniosacral Work. As a BodyMind Coach, bodyworker and movement professional, Abby has spent the last 8 years understanding the mind-body connection. She helps people speak the language of their bodies and

understand how what happens outside of us, shows up inside of us. She uses intuitive touch and guidance to help you release the emotional and physical pains that are stuck within the body. Her work looks a bit different than traditional massage but can be helpful in aiding chronic pain, unresolved trauma, hip & back problems, jaw tension, post-natal and c-section recovery and overall “stuckness” in the body. Abby had a private practice prior to the pandemic and is excited to join the Fernwood team! Sylvia Musial, Office Manager. Sylvia Musial - Holistic ManagerSylvia started out in the beauty and wellness industry back in 2014. After completing 600 hours and graduating from Marinello Beauty School she became a licensed esthetician in the state of Rhode Island. From there she started her career at the well known G Spa and Salon in the Fox Tower at Foxwoods Resort Casino. After a few years she wanted to grow even more into the wellness industry and expanded into front desk manager at Prive Swiss Wellness for two years, before joining the Fernwood Holistic Health team. “Dr Krete has been a big part of my journey into self discovery. While working with her I found myself eating better foods, and focusing on my own health and well being. Getting my anxiety under control has changed my life for the better, and working in a space that you feel comfortable in can do wonders to your mental health. I could not turn down the opportunity of continuing to work with Dr Krete and helping take care of her patients in her new practice. The Future Is Bright! I am looking forward to every milestone we take here at Fernwood Holistic Health.” Our Name. How did Fernwood Holistic Health get its name? When I began to think of a name for the business I had a few ideas, which my 11-year-old daughter promptly rejected, saying they were “boring and impersonal”. I was smart enough to realize she was right, but my creative juices weren’t providing me with any ideas I really connected with. My daughter suggested using our dog’s name in the title somehow. A few years ago our beloved golden retriever, Rosie, passed away at the age of 10. As any “dog person” will relate to, this was a difficult time for our family. We decided to start looking for a rescue right away. We thought we’d like to use the name of a plant or botanical again for our next dog, and as we were searching we found a puppy who looked like a great match, and her name just happened to be Fern! It seemed meant to be, and we ended up adopting her at 3 months of age. Only after we adopted her, did we think of the fact that my husband’s father owned and operated a restaurant in Hartford called The Fernwood, which opened in the 1960s. When he passed away he left the restaurant to his employees, and the restaurant continues to run to this day. It seemed like another sign that Fern really was the dog for us! We all liked the idea of Fern’s name being in the title but thought a one-word syllable didn’t have a good ring to it. I’m not sure who in the family came up with the idea for using the name Fernwood for the clinic, but we all liked the personal connection to the name. Friends and family I ran the name by, along with a few other options for the name, all unanimously connected with Fernwood. There’s love and connection in our name, and love and connection in everything we do at Fernwood Holistic Health. We’re sure you’ll feel that as a patient as we help you along your journey to health!”

057. ND Werner Pages at drlesawerner.com

a) from drlesawerner.com/about:

“A Boutique-Style Practice Welcome to New England Naturopathic Medical Center! A boutique-style holistic medical practice. Creating a healthier life... Welcome to New England Naturopathic Medical Center! Dr. Werner has created a boutique-style holistic health care practice based on the concept of concierge medicine, but without the added cost and membership fees. Her vision is to keep her practice small, so each patient can receive the attention he or she deserves. What you can expect... When you choose a practice with a limited patient base, you can expect more personalized attention being given to your health care needs. You will also receive extended appointment times. This allows Dr. Werner additional time answer any questions you might have regarding your treatment. Also, if a new health issue arises or if a change in your current treatment plan is required, you will most likely be able to schedule an appointment within 2-3 days using our secure, online telemedicine platform Instead of waiting weeks in busier practices. ***Patients experiencing an emergency must call their primary care physician and/or call 911, and be seen at their nearest hospital/ emergency center. As a telehealth practice, we cannot accommodate urgent or emergency conditions. ***All non-urgent calls will be returned within 24 hours. Why we offer a boutique-style practice... In a conventional medical practice, the average time a doctor spends with a patient during an appointment is 7-14 minutes. This model of patient care does not lend itself to a naturopathic medical practice. A naturopathic practice is based on establishing a partnership between doctor and patient. This is accomplished by addressing all aspects of a patient’s health, not just their current symptoms. This deeper understanding of health takes time, and is the cornerstone of holistic health care. Based on the concept of “all things being connected,” your first appointment will likely last 40-75 minutes, as Dr. Werner addresses and considers every system of the body. By approaching health care in this manner, Dr. Werner will be able to find the “cause” of your health challenge, rather than simply treating or masking your symptoms with medication. How we differ from other boutique practices... The main difference between our practice and other boutique or concierge practices is that we do NOT charge a monthly membership fee. We believe all medical services should be based on the quality of care given, rather than being based on time limits. Therefore, you can rest assured that you will receive as much time as needed during your appointment for all of your questions to be answered. About insurance coverage...Our office no longer participates in any insurance plans. This means that you will be expected to pay for your appointment in full at the time you are self-scheduling your telehealth appointment at www.newearthmed.com In order to keep fees affordable, Dr. Werner has created cost-effective health care packages for those strictly seeking “Dietary” assistance. For fees on these packages and all other naturopathic medical care, please click the link to our scheduling website at www.newearthmed.com At our New Earth Medicine website, you may self-book and pre-pay your Telehealth appointment. **All patients will be given a detailed “super bill” at the end of your office visit, which you may directly submit to your insurance carrier or use with your Health Savings Account (HSA). Please note that our office will NOT be submitting claims to any insurance company. It is the patient’s responsibility to check if their policy covers out-of-network naturopathic

care. The basics... As a patient, you will receive... > extended appointment length. > personalized treatment plans. The Rules: > Payment in full is expected when scheduling your “telemedicine/telehealth” appointments.. > New health concerns and/or changes with your current health concerns cannot legally be treated over the phone or via secured text messages. A face-to-face Telehealth appointment will be required. Please self-schedule your appointment at www.newearthmed.com > Any phone call requiring more than 10 minutes will require a face-to-face (via Telehealth) appointment and will be billed accordingly. > Dr. Werner will NOT be responding to texts or emails. Please phone her with any questions at 415-755-7639. Please leave a message and she will return your call within 48 hours.”

b) from drlesawerner.com:

“Science-Based Natural Health Care for Women and their Children (415) 755-7639 New England Naturopathic Medical Center, LLC Creating a healthier life Book your Naturopathic Medicine or Wellness Appointment today! Connecticut About Naturopathic Medicine Naturopathy Naturopathic medicine is a medical system with extensive roots dating back to 19th century Europe. Modern-day Naturopathic Doctors (NDs) are trained as general practitioners specializing in the use of science-based natural medicine. In some states, a licensed ND can prescribe pharmaceuticals, and perform minor surgical procedures. Find out more Nutrition Medicine Services Offered In addition to standard naturopathic medical care, Dr. Werner has designed several specialized programs, protocols, and procedures within the fields of anti-aging, stress management, and more... Find out more Naturopathic Physician Meet Dr. Werner My education, training, and over 15 years of extensive experience in the field of naturopathic medicine allows me to provide you and your family with the tools, treatments, and methods needed to achieve your optimal health goals. Find out more Specializing in allergies, Lyme, detox & women’s health Healthy lifestyle Promotions See our special introductory offer for InvisiLift natural face-lifting treatments. Click on the link below for more information, and to view 'before and after' photos. Find out more Anti-Aging Turn back the hands of time with our "Beauty from Within & Beyond" program. Experience a truly holistic approach by addressing health, longevity, and wellness, as well as external beauty. Find out more Media / Articles / Testimonials My experience as a naturopathic physician has allowed me to help patients improve their health, and achieve a higher level of well being. Click here to read what my patients are saying about me. You can also read articles I have authored, and view publications in which I have been quoted. Find out more Patient Forms & Insurance Please print out and complete the following forms prior to your first visit with Dr. Werner. The information required on these forms is extensive, and will allow the doctor to better understand whatever health challenges you might be experiencing. Find out more Contact Us Enhance Your Wellness. Enrich Your Life. Contact me to learn more about how we might work together to help you reach your wellness goals. New England Naturopathic Medical Center, LLC SERVING CT PATIENTS VIA TELEHEALTH CALL US TODAY! Or Schedule Your Telehealth Appointment Online at http://NewEarthMed.com (415) 755-7639 Hours Today Closed Telehealth Hours:

Monday - by appointment only Tuesday - 10:00 am - 2:00 pm Wednesday - by appointment only Thursday - 3:00 pm - 6:00 pm Saturday - by appointment only."

c) from drlesawerner.com/naturopathy:

"Naturopathic Medicine Optimal health and wellness through diet and herbs What is a Naturopathic Doctor? A Naturopathic Doctor (N.D.) receives graduate level training as a general practitioner, specializing in the use of natural therapies. In some states, ND's serve as primary care doctors and are able to prescribe pharmaceutical drugs. However, naturopathic philosophy dictates that the use of natural therapies be explored first. A naturopathic doctor is also trained to seek the "cause" of an illness, rather than merely treat the symptoms. This may be accomplished through the use of conventional diagnostic tools such as blood tests, PAPs, ECG evaluations, x-rays, etc. What types of conditions may be treated with natural therapies? A partial list of conditions includes: allergies arthritis asthma autoimmune disease chronic fatigue colds/flu depression digestive problems eczema fibromyalgia fibroids heart conditions hypertension Lyme disease menopause musculoskeletal issues osteoporosis thyroid disease."

d) from drlesawerner.com/services:

"Services Naturopathic health care What services are provided at the office? general medical care integrative medicine functional medicine Telehealth consultations anti-aging treatments and prevention menopause/perimenopause/PMS allergy elimination protocols autoimmune diseases chronic fatigue Lyme Disease treatment digestion issues high cholesterol hypertension migraine liver cleanse/detox InvisiLift Ultra(TM) non-surgical face-lift alternative treatments naturopathic counseling craniosacral/ Bowen therapy mineral detox face wraps candida weight loss programs women's health stress management thyroid issues pain management affordable medical diet plans with coaching at www.newearthmed.com and more... What treatments are used? After the cause of an illness has been established, a variety of natural therapeutics may be employed in treatment of that illness. Treatments include, but are not limited to, the use of: herbal medications nutritional supplements homeopathic remedies dietary and exercise recommendations hydrotherapy Bowen therapy craniosacral therapy counseling ultrasound."

e) from drlesawerner.com/meet-dr-werner:

"Meet Dr. Werner Biography Dr. Lesa Werner is a licensed Doctor of Naturopathic Medicine. She currently maintains a license to practice naturopathic medicine in the state of Connecticut. A graduate of Bastyr University in Seattle, Washington, the leading educational and research institution for science-based natural medicine, Dr. Werner is committed to bringing her patients the best and most well-researched treatments that Naturopathic Medicine has to offer. For more info, visit www.bastyr.edu. Dr. Werner also received her baccalaureate degree in biology, and an associate degree in ophthalmic design and dispensing. After having worked in various specializations within the health industry, including employment as an optician, a certified ophthalmic technician, and an EMT in both Connecticut and New

York, she ultimately found her calling in the field of natural medicine. Following graduation from Bastyr University in 2001, Dr. Werner established successful practices in Connecticut, and later in California. While in Connecticut, she functioned as a primary care physician, mainly treating seasonal allergies, menopause/ hormone balancing, fibromyalgia, high cholesterol, and digestive disorders, while specializing in Lyme disease. Her California practice focused mainly on food and seasonal allergies, anti-aging therapies, detox, and preventive medicine. As an expert in functional and integrative medicine, Dr. Werner strives to determine the "root cause" of a patient's health challenges rather than simply masking their symptoms with medication. While Dr. Werner considers herself a general practitioner, after contracting Lyme Disease in 1998, she began focusing on Lyme Disease prevention and treatment. Researching the newest developments in both allopathic and naturopathic medicine, Dr. Werner has created effective, individualized, holistic Lyme disease treatment protocols based on her findings and experience. Patients from throughout the United States have sought out her expertise in treating Lyme Disease and other tick-borne illnesses. Dr. Werner has also done extensive research in the field of anti-aging and longevity. "As the years progress, we all want to look and feel better, but many of us shy away from surgical procedures. This is why I have designed a protocol that incorporates nutrition, supplements, and non-surgical treatments to maintain the integrity of our skin and of our health, in general." Dr. Werner further explains, "good health comes from within, and by treating the causes of inflammation, we can slow down and possibly reverse the signs of aging… not only on our faces, but in every organ and every cell within our bodies." For affordable wellness- coaching telehealth programs/packages, please visit www.newearthmed.com."

058. ND Ronshagen Pages at goodmedicinenhc.com

a) from goodmedicinenhc.com:

"Let's take control of your health and discover root cause solutions. I'm an expert in Naturopathic approaches to digestive, hormonal, and mind-body wellness. Good Medicine NHC Good Medicine Naturopathic Health Center serves New Haven and Fairfield counties (virtual consultations offered globally) Sick of feeling uncomfortable in your own body? Struggling with digestive or hormonal issues? Have you already sought help from conventional providers, but you're not getting the answers you're seeking? Rest assured, it is NOT "in your head"! You have found the right place. Conditions Commonly Treated Gas/ Bloating Constipation/ Diarrhea Nausea/ Heartburn Dysbiosis/ Candida/ SIBO/ IMO Crohn's/ Ulcerative Colitis Irregular Periods/ PCOS/ PMS Adrenal/ Thyroid Dysfunctions Hot Flashes/ Night Sweats Sleep Disturbance Weight Changes Dr. Lindsay Ronshagen addresses the root causes behind your health challenges, so you can live your best life. Good Medicine NHC Dr. Lindsay Ronshagen Naturopathic Physician Welcome to Good Medicine. I'm so glad you're here! I am Dr. Lindsay Ronshagen. At Good Medicine, I offer root cause solutions so you can address functional health issues even when your conventional provider has told you "everything is normal." I would be honored to help you on your healing journey so you can go on to live your best life."

b) from goodmedicinenhc.com/new-haven/ct/naturopath/about-good-medicine:

“About Good Medicine Naturopathic Health Center Good Medicine NHC Our Unique, Holistic Approach At Good Medicine, we empower clients with the support and resources they need to achieve lasting wellness. Our comprehensive methodology focuses on a whole-person approach, addressing physical, emotional, and spiritual health. This empowers you to exceed your health expectations and continue on your path to wellness. For those beyond Connecticut, our virtual consultations make transformative care accessible wherever you are. Commitment to Empowerment and Health Our mission is to help you live your healthiest, most vibrant life. We’re passionate about enabling clients to embrace true health and vitality—extending beyond conventional expectations. Together, we’ll nurture your potential and guide you toward a life filled with purpose, joy, and balance. Book an Appointment Good Medicine NHC Dr. Lindsay Ronshagen Naturopathic Physician About Dr. Lindsay Ronshagen Dr. Ronshagen brings extensive expertise and dedication to her practice at Good Medicine Naturopathic Health Center. After earning her degree from the National University of Natural Medicine, Dr. Lindsay Ronshagen honed her clinical skills through a competitive teaching residency at the University of Bridgeport College of Naturopathic Medicine. Building on this foundation, she served as a clinic supervisor and professor of Endocrinology, where she played a pivotal role in shaping the curriculum and mentoring future naturopathic doctors in evidence-based treatments. Her commitment to education and innovation ensures every client at Good Medicine receives the highest standard of care.

c) from goodmedicinenhc.com/new-haven/ct/naturopath/naturopathic-medicine:

“Naturopathic Principles: The Foundation of Holistic Healing Naturopathic medicine is a comprehensive system of healthcare rooted in six foundational principles. These principles guide naturopathic physicians in diagnosing, treating, and educating patients while emphasizing the body’s inherent ability to heal itself. This article delves into these six principles, explaining their significance and how they contribute to a holistic approach to wellness. 1. The Healing Power of Nature (Vis Medicatrix Naturae) The healing power of nature, or Vis Medicatrix Naturae, refers to the innate ability of living organisms to establish, maintain, and restore health. This principle emphasizes that the body has a natural, intelligent process of healing when given the right conditions. How It Works: Self-Organizing Systems: The body has self-regulating mechanisms that maintain balance (homeostasis). Environmental Factors: Creating a healthy internal and external environment supports the healing process. Applications in Naturopathic Medicine: Encouraging dietary changes to provide the body with necessary nutrients. Using natural therapies like herbal medicine, hydrotherapy, and acupuncture. Removing environmental toxins and stressors that impede healing. Example: Supporting a patient with chronic fatigue syndrome by optimizing nutrition, promoting restful sleep, and addressing environmental toxin exposure. 2. Identify and Treat the Causes (Tolle Causam) Symptoms often act as signals of deeper underlying issues. This principle focuses on uncovering and addressing the root causes of illness rather than merely managing symptoms. Key Considerations: Holistic Assessment: Causes can stem from physical, emotional, genetic, or environmental factors. Long-Term

Healing: Addressing root causes ensures sustained recovery and prevents recurrence. Common Causes Addressed: Chronic Inflammation: Often linked to autoimmune conditions, poor diet, or stress. Gut Dysbiosis: A root cause of many gastrointestinal and systemic issues. Hormonal Imbalances: Frequently stemming from lifestyle factors, stress, or environmental toxins. Example: A patient presenting with persistent headaches may discover that stress, inadequate hydration, or nutrient deficiencies are contributing factors. The naturopathic approach would address each root cause for lasting relief. 3. First Do No Harm (Primum Non Nocere) This principle ensures that naturopathic physicians prioritize patient safety by minimizing harm and using the least invasive methods necessary to diagnose and treat conditions. Core Practices: Gentle Interventions: Using therapies like botanical medicine or homeopathy before considering more aggressive treatments. Avoiding Symptom Suppression: Suppressing symptoms without addressing the root cause can hinder the body's healing process. Collaboration with Nature: Respecting and supporting the body's self-healing mechanisms. Real-Life Example: For a patient experiencing anxiety, a naturopathic physician might recommend adaptogenic herbs and mindfulness techniques rather than immediately resorting to pharmaceuticals. 4. Doctor As Teacher (Docere) The term "doctor" originates from the Latin word docere, meaning "to teach." This principle emphasizes the physician's role in educating patients about their health and empowering them to take responsibility for their wellness. Key Aspects: Health Education: Providing patients with clear, actionable insights about their condition. Empowering Patients: Encouraging self-responsibility and informed decision-making. Therapeutic Relationship: Building trust through open communication. Examples: Teaching patients about anti-inflammatory diets to manage arthritis. Guiding individuals with Type 2 diabetes on blood sugar regulation through lifestyle changes. 5. Treat the Whole Person (Tolle Totum) Naturopathic medicine views health as the harmonious integration of physical, mental, emotional, spiritual, genetic, and environmental factors. This principle emphasizes personalized care to address all aspects of a patient's well-being. Factors Considered: Physical Health: Managing conditions like digestive disorders or hormonal imbalances Emotional and Mental Health: Addressing stress, anxiety, or trauma. Environmental and Social Health: Considering toxin exposure, work-life balance, and relationships Approach: Tailoring treatments to individual needs, such as combining dietary interventions with stress management for irritable bowel syndrome. Encouraging spiritual practices that resonate with the patient, fostering inner balance and resilience. Example: A patient with eczema may receive treatments addressing both gut health and emotional stressors contributing to flare-ups. 6. Prevention (Praevenire) Prevention is a cornerstone of naturopathic medicine, aiming to address risk factors before they lead to illness. This proactive approach promotes long-term health and reduces the burden of chronic disease. Methods: Risk Assessment: Identifying genetic predispositions and lifestyle factors. Lifestyle Medicine: Promoting balanced nutrition, regular exercise, and stress reduction. Environmental Health: Minimizing exposure to harmful toxins and pollutants. Practical Applications: Encouraging regular screenings and blood work to detect imbalances early. Providing dietary guidance to lower the risk of conditions like Type 2 diabetes or cardiovascular disease. Example: A patient with a family history of osteoporosis may receive

guidance on calcium and vitamin D intake, weight-bearing exercise, and hormone support. Why These Principles Matter The six naturopathic principles form a holistic framework that distinguishes naturopathic medicine from conventional approaches. By addressing the root causes of illness, supporting the body’s natural healing processes, and educating patients, naturopathic medicine offers a path to sustainable wellness. Benefits of Following These Principles: Comprehensive Care: Patients receive personalized treatment plans tailored to their unique needs. Long-Term Health: Prevention-focused care reduces the risk of chronic diseases. Empowered Patients: Individuals gain the tools and knowledge to take charge of their health. Incorporating Naturopathic Principles in Your Life You don’t need to be a naturopathic doctor to embrace these principles. Small, intentional steps can help you align your lifestyle with the core values of naturopathic medicine: Support Your Body’s Healing Power: Prioritize restorative sleep, stay hydrated, and nourish your body with balanced, whole-food nutrition. Address Root Causes: Partner with a qualified healthcare provider to identify and resolve underlying health issues instead of just managing symptoms. Choose Gentle Remedies First: Opt for non-invasive approaches like herbal teas, targeted nutritional supplements, and practices such as yoga or meditation. These strategies support your body’s natural healing processes, with medications as a last resort. Educate Yourself: Take an active role in your health by learning from reputable, evidence-based resources. Focus on Prevention: Stay proactive with regular health checkups and by cultivating habits that promote long-term wellness. Ready to Embrace Naturopathic Medicine? At Good Medicine Naturopathic Health Center, we’re dedicated to helping you achieve optimal health using these foundational principles. Whether you’re managing a chronic condition or seeking preventative care, our team offers personalized guidance and support every step of the way. Take the First Step: Schedule a Consultation Learn About Our Services Read Client Success Stories.”

d) from goodmedicinenhc.com/new-haven/ct/naturopath/hormone-optimization:

“Are you struggling with hormone imbalance? Do any of these symptoms sound familiar? Acne, hair loss, or excess hair growth… Irregular or painful menstrual cycles Symptoms of estrogen dominance like PMS or PMDD Hot flashes, night sweats, low libido, or vaginal dryness Stubborn weight gain Are you tired of feeling uncomfortable in your own body? Have you sought help from conventional providers but feel like you’re not getting the answers you need? Rest assured—it’s not “all in your head.” YOU’VE FOUND THE RIGHT PLACE. At Good Medicine Naturopathic Health Center, we specialize in uncovering the root causes of your hormone imbalances. Even if conventional tests say “everything is normal,” we understand that your symptoms are real and deserve comprehensive, thoughtful solutions. Book an Appointment Today! Reclaim Your Vitality If you’re here, it’s because you know life can feel better. Whether you’re dealing with: Chronic stress Hormonal imbalance Difficulty losing weight …you don’t feel like the vibrant, confident person you know you can be. Deep down, you know you’re not meant to struggle or feel uncomfortable in your skin. You’re ready to: Break free from low energy and overwhelm Feel radiant and powerful in your daily life Regain confidence and passion It’s time to connect with who you truly are: a strong,

healthy, and joyful woman. Why Choose Good Medicine? For over 9 years, Dr. Lindsay has helped hundreds of women identify the root causes of their hormonal imbalances and create personalized plans for lasting health. Rather than masking symptoms, we take a holistic approach that considers the physical, emotional, and spiritual aspects of your well-being. Our goal isn't just relief—it's transformation. To uncover the root causes of hormonal imbalances, we combine conventional lab work with cutting-edge diagnostic tools, including: MIRA Hormone Testing: Real-time tracking of hormone levels to provide actionable insights. DUTCH Testing: A comprehensive assessment of hormone metabolism, adrenal function, and stress response. Salivary Cortisol Testing: An in-depth look at cortisol patterns to understand your stress hormones and daily rhythms. These advanced tools give us unparalleled insight into your hormonal health, enabling us to create highly personalized and effective care plans that help you achieve long-term balance and vitality. Common Hormonal Conditions We Treat Our integrative approach addresses a variety of hormone-related conditions and symptoms, including: PCOS (Polycystic Ovary Syndrome Irregular or Painful Menstrual Cycles Heavy Menstrual Bleeding (Menorrhagia) Estrogen Dominance Androgen Excess Symptoms (e.g., acne, hirsutism, hair loss) Adrenal Dysfunction (e.g., fatigue, burnout) Postpartum Hormonal Imbalance Insulin Resistance and Blood Sugar Imbalances PMS/PMDD (Premenstrual Syndrome/Premenstrual Dysphoric Disorder) Perimenopause and Menopause Symptoms Thyroid Disorders (e.g., hypothyroidism, Hashimoto's, hyperthyroidism) Low Libido and Hormonal Imbalances Hormone-Related Migraines Weight Challenges (e.g., difficulty losing weight) Sleep Disturbances (e.g., insomnia, difficulty staying asleep)."

e) from goodmedicinenhc.com/new-haven/ct/naturopath/faq:

"Frequently Asked Questions General Questions What makes naturopathic medicine different from conventional medicine? Naturopathic medicine takes a holistic and preventative approach, focusing on treating the root causes of illness rather than just managing symptoms. We use natural, non-invasive therapies such as herbal medicine, nutrition, lifestyle counseling, and targeted supplementation to support the body's natural healing ability. Unlike conventional medicine, which often relies on pharmaceuticals and surgery, naturopathic care emphasizes education and empowerment, helping you take an active role in your health. We consider physical, mental, and emotional factors when guiding you toward lasting vitality and balance. What is the credentialing process for your profession? Our Naturopathic Doctors (NDs) complete a rigorous 4–5 year doctoral program at an accredited naturopathic medical school. They must also pass the Naturopathic Physicians Licensing Exam (NPLEX), which covers a wide range of topics, from biomedical sciences to diagnostic techniques and treatment modalities. This extensive training ensures we're well-equipped to provide safe and effective care […] Testing and Diagnostics What types of tests might be ordered to identify the root cause of my health issues? We use both conventional and functional tests to get a comprehensive view of your health: Digestive health tests: SIBO/IMO breath tests and GI MAP stool panels. Hormone panels: DUTCH Plus for adrenal and hormone insights. Specialized tests: Lyme disease, mycotoxins, food allergies, heavy metals, and more. We'll tailor

testing to your specific needs to ensure effective and targeted care. What types of tests might be ordered to identify the root cause of my health issues? We use both conventional and functional tests to get a comprehensive view of your health: Digestive health tests: SIBO/IMO breath tests and GI MAP stool panels. Hormone panels: DUTCH Plus for adrenal and hormone insights. Specialized tests: Lyme disease, mycotoxins, food allergies, heavy metals, and more. We'll tailor testing to your specific needs to ensure effective and targeted care. Are these tests covered by most insurance plans? Conventional lab tests through Quest Diagnostics, LabCorp, or Yale are often covered by insurance. Functional tests, such as GI MAP or DUTCH panels, are typically not covered, but may be eligible for HSA or FSA reimbursement. We recommend confirming with your insurance provider. Can naturopathic doctors prescribe medications if needed? In Connecticut, naturopathic doctors are not authorized to prescribe medications. However, we collaborate with a network of skilled prescribers, including APRNs, to ensure seamless access to appropriate treatments when medications are needed. Can I see a naturopathic doctor alongside my current medical treatments? Absolutely! We encourage clients to maintain a relationship with their primary care physician (PCP-MD) for comprehensive care. Our team often works alongside other healthcare providers, including acupuncturists, psychotherapists, and conventional specialists, to deliver well-rounded support. Do you consult with people outside of Connecticut? Yes, we offer virtual consultations to clients worldwide. These are considered health consultations rather than a doctor-patient relationship due to licensing restrictions. Our virtual clients can expect the same level of support and remarkable results as in-state clients do. Insurance and Payment What insurance companies do you work with? We accept Aetna and Cigna and bill these companies directly. For other insurance plans, we're considered out-of-network. If your plan offers out-of-network benefits, we can provide a superbill to help you submit for potential reimbursement."

f) from goodmedicinenhc.com/shop:

"Naturopathic physicians are experts in nutritional supplements. I often get asked about quality of supplements and, as always, it is my goal to provide you with knowledge to make your own informed decisions. In regard to supplementation, not all products are created equally. Many things need to be considered when purchasing products. Authenticity—it is what it says it is Purity—it is only what it says it is Safety—contaminant free Efficacy—it will do what it is supposed to do You may find that some products are more expensive than what you find at a chain discount store or pharmacy. As a naturopathic physician, I believe you pay now or you pay later. The links below serve as resources for you to purchase your supplements from safe and reliable companies, whose products are well supported by research and clinical trials. Thank you for your trust in allowing me to aid in your journey towards health and well-being! Order Your Supplements Here Order supplements through my Fullscript store. Get 10% off at our online Dispensary at the link above."

059. ND Gengo Pages at drgengo.com

a) from drgengo.com/take-back-control-of-your-health-with-functional-medicine:

“Take Back Control of Your Life with Functional Medicine. Are you tired of feeling unwell, run-down, and not like yourself? Do you want to take back control of your health and well-being? If so, functional medicine might be the answer you’ve been looking for. Functional medicine is a personalized, systems-oriented approach to healthcare that addresses the underlying causes of chronic disease. It’s a patient-centered, science-based approach that focuses on identifying and addressing the root cause of health issues rather than just treating the symptoms. At the heart of functional medicine is the belief that each person is unique and requires an individualized approach to health and wellness. This is where your health detective comes in – they are your best possible ally in your quest for illness prevention and early intervention. Why is Dr. Gengo called a Health Detective? Dr. Lisa Gengo is renowned as The Health Detective thanks to her vast expertise in functional medicine. Her approach to healthcare involves investigating the underlying causes of your health concerns, taking a comprehensive and holistic approach to your well-being. With her extensive knowledge and experience, Dr. Gengo utilizes a unique combination of advanced diagnostic tools and real-time monitoring systems to provide a new level of personalized care. She takes the time to look at all aspects of your life to identify the root cause of your symptoms and works closely with you to develop a comprehensive, individualized treatment plan tailored to your specific needs and goals. In essence, Dr. Gengo is your dedicated health detective who will leave no stone unturned in her pursuit of better health for you. What can functional medicine do for you? Functional medicine can help you take back control of your life by addressing the underlying causes of chronic health issues. It can help you: Identify the root cause of your symptoms: Functional medicine practitioners use advanced diagnostic tools and testing methods to identify the underlying causes of your symptoms. This can include testing for food sensitivities, nutrient deficiencies, and hormone imbalances. Create a personalized treatment plan: Once the underlying causes of your symptoms have been identified, your health detective works with you to develop a personalized treatment plan that considers your unique needs and goals. This may include lifestyle changes, dietary modifications, and supplements. Prevent future health issues: Functional medicine is focused on preventing future health issues by addressing the root cause of your symptoms. By taking a proactive approach to your health, you can reduce your risk of chronic disease and enjoy better overall health and well-being. Improve your quality of life: By addressing the underlying causes of your symptoms, functional medicine can improve your quality of life. You may experience increased energy, improved mood, and better overall health. Take control of your health today! If you’re tired of feeling unwell and not like yourself, functional medicine may be the answer you’ve been looking for. By working with a health detective trained in functional medicine, you can take back control of your life and enjoy better overall health and well-being. Don’t wait – take control of your health today and schedule a consultation with a functional medicine practitioner. They can help you identify the root cause of your symptoms and develop a personalized treatment plan that works for you. SEO Keywords: functional medicine, health detective, personalized care, chronic disease

prevention, root cause, holistic approach, advanced diagnostics, individualized treatment, proactive health, better well-being.”

b) from drgengo.com/services:

“Focus areas. We are committed to helping you achieve the greatest outcome possible for your treatment. Please review our focus and see how we can help with your specific conditions. This is not exhaustive but highlights some of our most frequently encountered problems. If your condition is not listed, please contact us anytime to discuss treatment options. Cardiovascular Gut-Autoimmune Autoimmune Dysfunction Anti-Aging Digestive Dysfunction Weight Loss Chronic Fatigue Hormonal Imbalances Adrenal Dysfunction Insomnia Blood Sugar/Diabetes Thyroid symptoms Preventive Health Care Cognitive Health Thyroid Symptoms Chronic Disorders Hashimotos Allergies Food Sensitivities Inflammation Complex Medical Issues Metabolic Syndrome Nutritional Deficiencies Thyroid Symptoms. Meet with Dr. Lisa Gengo to: Find the root cause of inflammation Improve chronic health conditions Address high blood pressure and cholesterol Improve gut health and digestion Alleviate causes of fatigue Balance hormones Investigate mystery symptoms with no diagnosis. Dr. Lisa Gengo - The Health Detective. We love to help people restore their health and vitality, and we’d love to meet you. Book a free Discovery Consult and learn more about our services and focus areas. We'll let you know how we can help you start on your path toward a healthier, more vibrant you!”

c) from drgengo.com/holistic-remedies-for-allergy-relief:

“Holistic Remedies for Allergy Relief. We understand the frustration and discomfort that seasonal allergies can cause. If you're one of the millions of people who experience allergy symptoms such as sneezing, itching, and congestion during the springtime, you're not alone. The good news is that several natural remedies can help manage and alleviate these symptoms. At Dr. Gengo's office, we believe in taking a holistic approach to allergy remedies. Our team of medical professionals has identified several natural remedies that have proven effective in managing and alleviating allergy symptoms. It's important to note that natural remedies should not be used as a substitute for traditional allergy medication. However, they can be used as an adjunct to conventional treatments to provide additional relief and support to the immune system. Here are a few natural remedies that can be used in conjunction with traditional allergy medications to provide optimal relief from allergy symptoms: Saline Rinse: Saline rinse involves using a saline solution to flush out the nasal passages and reduce inflammation. It's an effective way to alleviate congestion and other allergy symptoms. Saline rinse can be done using a Neti pot or nasal spray. Honey with the Honeycomb and Bee Pollen: The pollen collected by bees contains small amounts of the same allergens that trigger seasonal allergies. By consuming raw honey with pollen from local plants, your body can tolerate these allergens, reducing your overall allergic response. Furthermore, raw honey is an excellent natural energy source and can boost your immune system, helping your body fight infections and diseases. Turmeric: Turmeric is a spice used in traditional medicine for centuries. It contains a powerful compound called curcumin, which has

potent anti-inflammatory and antioxidant properties. These properties make turmeric an excellent natural remedy for alleviating allergy symptoms and reducing inflammation. Inflammation is a common symptom of seasonal allergies, and it can lead to uncomfortable symptoms such as nasal congestion, sneezing, and itchy eyes. You can help reduce inflammation and alleviate these symptoms by incorporating turmeric into your diet. Turmeric can be consumed as a supplement or added to foods like smoothies or curry. Probiotics: Probiotics are live microorganisms that provide a range of health benefits when consumed in adequate amounts. These beneficial bacteria are most commonly associated with improving digestive health. Still, recent research suggests that probiotics also play a role in modulating the immune system and reducing allergy symptoms. A healthy gut microbiome is essential for optimal immune function. Studies have shown that probiotics can help promote a healthy gut microbiome by increasing the diversity of beneficial bacteria in the gut. This can help reduce inflammation in the body and improve overall immune function. Consuming probiotics through food sources like yogurt, kefir, sauerkraut, and kimchi can be a delicious and easy way to incorporate them into your diet. These fermented foods are naturally rich in probiotics and provide additional benefits like improved digestion and nutrient absorption. Probiotic supplements are also available and can be a convenient way to boost your probiotic intake. These supplements, including capsules, powders, and liquids, come in various forms and can be tailored to your needs. Quercetin: Quercetin is a natural plant pigment known as a flavonoid. It is found in many plant-based foods and has been shown to have powerful anti-inflammatory and antioxidant properties. Quercetin has gained attention for its ability to help reduce allergy symptoms, making it a popular natural remedy for those suffering from seasonal allergies. Quercetin stabilizes mast cells in the body, which release histamine during an allergic reaction. By stabilizing these cells, Quercetin can help reduce the amount of histamine released and alleviate allergy symptoms like sneezing, itching, and nasal congestion. Quercetin can be found in a variety of foods, including apples, berries, onions, and green tea. Consuming these foods regularly can help increase your intake of Quercetin and support your overall health. However, to get a therapeutic dose of Quercetin, it may be necessary to take a supplement. Quercetin supplements are available in capsule or tablet form and can be found in health food stores and online. These supplements are generally considered safe and well-tolerated but should be taken under the guidance of a healthcare provider. In addition to reducing allergy symptoms, Quercetin has been shown to have many other health benefits, including improved heart health, reduced inflammation, and enhanced immune function. Acupuncture: Acupuncture is a traditional Chinese medicine technique that involves inserting thin needles into specific points on the body. Studies suggest acupuncture can help reduce allergy symptoms by modulating the immune system and reducing inflammation. Mind-body techniques: Stress and anxiety can exacerbate allergy symptoms, so practicing mind-body techniques like yoga, meditation, or deep breathing can help reduce stress and promote relaxation. This can help alleviate allergy symptoms and improve overall well-being. It's important to note that these holistic approaches are not a substitute for medical treatment and advice from a healthcare professional. If you have severe or persistent allergy symptoms, it's essential to consult with a healthcare provider

to determine the best course of treatment for you. Take a comprehensive approach to health and wellness. We aim to help you unlock the secrets of optimal health and live your best life. Contact us today to learn more about our functional Medicine services and which allergy supplements Dr. Gengo recommends. We can help you achieve your health goals. Comprehensive allergy management, Personalized treatment plans, Individualized care, Holistic approach to allergy remedies, Innovative allergy solutions, Top-rated allergy specialist, Expert allergy diagnosis and treatment, Effective natural remedies, Patient-centered care, Experienced allergy doctor, Advanced allergy testing, Allergy relief with private pay, Superior allergy care, Unmatched allergy expertise, Highly skilled allergist, Exceptional allergy treatment options, Affordable private pay options, Long-term allergy management solutions, Improved quality of life with allergy treatment, Seasonal allergies, Allergy symptoms, Natural remedies for allergies, Holistic allergy treatment, Allergy relief, Allergy prevention, Allergy triggers, Allergy testing, Common allergies, Food allergies, Environmental allergies, Pet allergies, Allergic reactions, Asthma and allergies, Immunotherapy, Alternative allergy treatments, Best allergy treatments, Allergy medication, Allergy shots, Home remedies for allergies, How to manage allergies, Coping with allergies, Allergy-friendly products."

d) from drgengo.com/take-back-control-of-your-health-with-functional-medicine:

"Take Back Control of Your Life with Functional Medicine. Are you tired of feeling unwell, run-down, and not like yourself? Do you want to take back control of your health and well-being? If so, functional medicine might be the answer you've been looking for. Functional medicine is a personalized, systems-oriented approach to healthcare that addresses the underlying causes of chronic disease. It's a patient-centered, science-based approach that focuses on identifying and addressing the root cause of health issues rather than just treating the symptoms. At the heart of functional medicine is the belief that each person is unique and requires an individualized approach to health and wellness. This is where your health detective comes in – they are your best possible ally in your quest for illness prevention and early intervention. Why is Dr. Gengo called a Health Detective? Dr. Lisa Gengo is renowned as The Health Detective thanks to her vast expertise in functional medicine. Her approach to healthcare involves investigating the underlying causes of your health concerns, taking a comprehensive and holistic approach to your well-being. With her extensive knowledge and experience, Dr. Gengo utilizes a unique combination of advanced diagnostic tools and real-time monitoring systems to provide a new level of personalized care. She takes the time to look at all aspects of your life to identify the root cause of your symptoms and works closely with you to develop a comprehensive, individualized treatment plan tailored to your specific needs and goals. In essence, Dr. Gengo is your dedicated health detective who will leave no stone unturned in her pursuit of better health for you. What can functional medicine do for you? Functional medicine can help you take back control of your life by addressing the underlying causes of chronic health issues. It can help you: Identify the root cause of your symptoms: Functional medicine practitioners use advanced diagnostic tools and testing methods to identify the underlying causes of your symptoms. This can include testing for food sensitivities, nutrient deficiencies,

and hormone imbalances. Create a personalized treatment plan: Once the underlying causes of your symptoms have been identified, your health detective works with you to develop a personalized treatment plan that considers your unique needs and goals. This may include lifestyle changes, dietary modifications, and supplements. Prevent future health issues: Functional medicine is focused on preventing future health issues by addressing the root cause of your symptoms. By taking a proactive approach to your health, you can reduce your risk of chronic disease and enjoy better overall health and well-being. Improve your quality of life: By addressing the underlying causes of your symptoms, functional medicine can improve your quality of life. You may experience increased energy, improved mood, and better overall health. Take control of your health today! If you're tired of feeling unwell and not like yourself, functional medicine may be the answer you've been looking for. By working with a health detective trained in functional medicine, you can take back control of your life and enjoy better overall health and well-being. Don't wait – take control of your health today and schedule a consultation with a functional medicine practitioner. They can help you identify the root cause of your symptoms and develop a personalized treatment plan that works for you."

060. ND Singley Pages at nhawc.com

a) from nhawc.com/about-us:

"About Us About NHAWC − a Brief Introduction & Overview We are considered both Primary Care physicians and experts in Holistic and Preventative Medicine, We are trained to integrate state of the art diagnostic testing with the safest, most effective natural medicines and therapies. We are conveniently located on Main Street in Trumbull CT between RT25 and the Merit Parkway. Providing healthcare for Bridgeport, Easton, Danbury, Fairfield, Monroe, Newtown, Shelton, Stratford, and of course Trumbull. We accept most insurance plans: Aetna Anthem Blue Cross Blueshield (State and Federal) Cigna ConnectiCare Husky Oxford Health United Health Care Patients with other insurance plans can often see us as an "out of network provider" and their insurance typically covers 80% of the office visit. In these cases, please call your health insurance carrier to verify coverage. A woman with glasses and earrings smiling. Meet Dr Lisa Lisa M. Singley, ND, MS, is a licensed, board-certified naturopathic physician with a master's degree in Acupuncture and Chinese Medicine. She is considered both a primary care physician and a specialist in Preventative and Holistic Medicine. Her interest in medicine began as a child with her first introduction to science. Through her education, she volunteered at Danbury Hospital, worked with the Red Cross to sponsor blood donation drives on her college campus, and organized Health Fairs to benefit the underserved in her community. She received a bachelor's degree in Biology from the University of Hartford and completed the In Vitro Cell Biology and Biotechnology Program from the State University of New York. She worked in the field of medical research for ten years at a number of universities and private institutions, including Boston University Medical School, UCONN Health Center, Memorial Sloan-Kettering Cancer Center, Lederle Labs, and Ciba-Geigy. Experience The way Dr. Singley practices medicine has been greatly influenced by her professional training as well as her personal experiences as a patient. During her formative years, while dealing

with her own medical issues, she was inspired by the patience and understanding her doctor exhibited. This led her to appreciate how important it is for a doctor to give their patients enough time to fully discuss their illness and the freedom to openly express their thoughts and concerns. Medical Practice Dr. Singley treats a wide variety of conditions by integrating her training in medical research with a broad scope of natural therapies including: Acupuncture, Botanical Medicine, Clinical Nutrition, Hydrotherapy, Homeopathy, and Physical Medicine. Her focus as a doctor is to help people overcome illnesses by designing individualized programs based upon their medical needs and personal goals. Her unique practice includes programs in Acupuncture, Facial Rejuvenation, Weight Loss Programs, Detoxification Programs, Adrenal and Thyroid Disorders, Chronic Fatigue Syndrome, Stress Management, and Counseling."

b) from nhawc.com:

"Experts in Holistic & Preventative Medicine Naturopathic Medicine, Frequency Specific Microcurrent Therapy, Acupuncture and Traditional Chinese Medicine Book An Appointment Woman enjoying a sunset with arms raised in a field. "We cannot help serious or chronic illness without changing some part of our life pattern, and change is, without a doubt, the most frightening challenge of healing" Caroline Myss Congratulations for taking a step forward to improving your health. Whether you are looking for a medical practice specializing in preventative healthcare or have specific health challenges and are seeking a different, more personalized approach, we want to help. Health challenges can be scary and change can be difficult. Most people don't like change. However, it is often change that creates opportunities for growth. We can help you navigate through these challenges by giving you the time to discuss your concerns, answering your questions, and developing a plan based on your medical needs and personal goals. We can work with you at a pace that is comfortable for you. Your life is waiting for you, don't wait any longer. Please feel free to call us with any questions or concerns. We are here to help! Comprehensive Medical Center in Trumbull, Connecticut Where patients are like family and sincere care comes from the heart Our comprehensive medical center specializes in natural healthcare for your mind, body, and spirit. As experts in Holistic and Preventative Medicine, we integrate the most advanced diagnostic testing and clinical medicine with the teachings from Naturopathic Medicine, Homeopathic and Chinese Medicine. We take the time to treat the whole person in a relaxed, nurturing environment and believe natural medicines provide the safest, most effective healthcare for your entire family."

c) from nhawc.com/services:

"Services Bringing together the best in science and natural medicine Comprehensive Diagnostic Tests are used to identify the underlying cause of your medical condition; because an effective treatment requires an accurate diagnosis. Advanced Diagnostic Test Therapies and Services Allergy Tests Blood Tests Digestive Function Tests DEXA Hair Mineral Analysis Heavy Metal Tests Digestive Stool Tests Imaging studies (X-rays, MRI and Ultrasound) Salivary Hormone Tests Conditions treated at Natural Health & Wellness Center Strictly speaking, my

primary goal is not to treat conditions, or symptoms. I treat people. Naturopathic physicians treat the underlying causes of their patient's health concerns. When the cause (or causes) are removed, the symptoms will become less severe and go away. Having said this, here are some conditions that Naturopathic medicine has successfully treated: Mental/Emotional Auto-immune Disorder Cardiovascular Endocrinology Gastrointestinal Disorders Hematology Infections Musculoskeletal Pediatric Skin Women's Health Men's Health Fatigue Insomnia Anxiety Depression Memory/focus Issues Wellness Concentrations We Offer Frequency Specific Therapy (FSM) Facts about FSM Conditions treated with FSM What does that mean to you? How do the frequencies work? Detoxification Smoking Cessation Weight Loss Facial Acupuncture Exercise Rehabilitation Postural Assessment What is Frequency Specific Therapy (FSM)? FSM is a gentle, effective therapy that has a wide variety of applications. It has been an integral part of our practice for the past 3 years because it allows me to treat my patients in ways that I would not have thought were even possible with my other therapeutic tools. It is outstanding in treating nerve pain, joint pain, tendinitis, muscle pain and stiffness. It helps strains, sprains, tears of joints, back pain, degenerative disc disease and acute trauma. It has been shown to help with the intense pain from shingles, gout, and has helped diabetic ulcers heal. I have helped patients dealing with the after effects of a concussion and PTSD. It has helped patients with insulin resistance lose weight by increasing insulin sensitivity and reducing food cravings. As I continue to use this powerful therapeutic tool and I learning new and more effective ways it can relieve pain, reduce scar tissue, and improve overall well-being. There are very few contraindications for this treatment, pregnancy, an on-demand insulin pump are the two main ones. Also, FSM can't be done directly over a pace-maker. I have personally experienced the benefits of this therapy and know how effective and relaxing it can be. For more information refer to information in Resources section on FSM. Frequency specific microcurrent is a revolutionary therapy that dramatically increases the body’s ability to heal and repair itself. FSM can increase the rate of healing by up to 5 times and do so safely and effectively. Every function in the human body is electrically based. The electricity made inside your cells provides the power for your body. When microcurrent is applied to the body at a specific frequency, it can have positive effects on the condition of tissues and organs. FSM can help the body recuperate, promote pain relief, relax muscles, dissolve scar tissue and improve healing, all at accelerated rates. FSM is painless; most people either don't feel anything, or feel the mildest tingling feeling. FSM provides electric current in the millionth of an ampere, which is below the stimulation threshold of sensory nerves. (Your own cells generate a current in the microamp range.) Information Acupuncture Naturopathic Medicine FSM. Acupuncture is a safe, effective type of holistic medicine backed by more than two thousand years of practice and research. It is used worldwide both as a primary and complimentary treatment for a wide variety of conditions. According to traditional theory, acupuncture regulates the circulation of qi (energy) and blood throughout the body. Deficiencies in qi or blockages in the flow of qi can cause illnesses and disease. Acupuncture, herbal medicine, and healthy lifestyle practices can be used to correct these imbalances. Some of the conditions successfully treated with acupuncture include: headaches, muscle aches, low back pain, joint pain, digestive issues, fatigue, insomnia, high

blood pressures, anxiety, depression, hormonal imbalances, PMS, hot flashes, infertility, difficulty losing weight, food addictions, and substance addictions. Areas of Specialization: Adrenal & Thyroid Disorders Diabetes Fatigue and Insomnia Pain Management Stress Management. Adrenal and Thyroid disorders are very common and often occur together. The other similarity is that western allopathic doctors often under diagnose patients with these disorders. Many allopathic doctors refuse to believe patients have an issue with their adrenal-pituitary-hypothalamus axis, in spite of a long list of symptoms that would suggest otherwise. Symptoms such as fatigue, irritability, inability to handle stress, poor coping skills, anxiety, headaches, stomach aches, low blood pressure, difficulty walking up in the morning, increased need for caffeine all suggest issues with the adrenal-pituitary- hypothalamus axis. Thyroid disorders are also under diagnosed for different reasons. The standard reference range most labs use is out of date. Also, many allopathic doctors do not run a complete thyroid panel, they rely on 1 or 2 tests, which does not give a complete picture and can lead to an inaccurate diagnosis. Naturopathic doctors run more specific, more detailed lab testing and offer a wider range of treatment options designed to treat the underlying cause or causes of the situation."

d) from nhawc.com/resources/#FAQs:

"What is Naturopathic Medicine? Naturopathic Medicine is a unique healthcare profession that combines the most current advances in modern medicine with safe effective natural therapies. Naturopathic Medicine is based on the philosophy that our bodies have a inherent ability to heal; as physicians our goal is to remove those factors which are preventing this natural healing process from occurring. Naturopathy has existed in this country for over one hundred years and it is experiencing a re-awakening as more people learn about the tremendous benefits it can offer. What is the difference between a Naturopath and a Homeopath? Naturopathic doctors (NDs) are trained in a wide variety of Holistic Therapeutics including Clinical Nutrition, Botanical Medicine, Counseling, Physical Medicine, and Homeopathy. Homeopaths specialize exclusively in homeopathy. How are NDs trained to practice medicine? A Licensed naturopathic physician (N.D.) attends a four-year graduate level medical school and is educated in all of the same basic sciences as medical doctor. In addition to a standard medical curriculum, the naturopathic physician is required to complete training in clinical nutrition, acupuncture, homeopathic medicine, botanical medicine, psychology, and counseling (to encourage people to make lifestyle changes in support of their personal health). Like, MDs, naturopathic physicians take rigorous professional board exams so that he or she may be licensed by a state or jurisdiction as a primary care general practice physician. What is the difference between an ND and an MD? There are several ways to answer this question; the first thing most people think of is that NDs use natural medicines and MDs use prescription drugs and surgery. This is certainly an important distinction; natural medicines support and restore healthy function; they don't just cover up the symptoms. The main difference that patients notice is that NDs spend much more time with them and are trained to listen and integrate complex information in a much more comprehensive way. Many of my patients lament that their MDs are too specialized and will not

focus on symptoms that fall outside their area of expertise. As NDs, we are trained to treat the whole person and will therefore address a person’s concerns on much a broader scope. Another way of looking at things is that NDs specialize in helping patients with chronic illnesses; whereas MDs specialize in helping patients with acute illnesses or injuries. If you are ever in a car accident, or suffering from an acute illness such as a heart attack or difficulty breathing, you want to see an MD. They specialize in heroic measures that can save your life. Chronic illnesses, on the other hand respond better to a medical system that actually addresses the underlying cause of the problem. Will my insurance cover naturopathic medical care? Yes, our office accepts most health insurance plans including: Anthem Blue Cross/Blue Shield Aetna ConnectiCare Cigna Husky (21 years old and younger) United Healthcare Oxford Many out of network plans are covered up to 80%; please feel free to call our office to inquire about your plan.”

061. ND Herman Pistoia Pages at purenaturopath.com

a) from purenaturopath.com/drlizherman:

“Liz Herman, ND. Since 2006, Dr. Herman has been the owner and medical director of Bethel Naturopathic Medical, treating patients with the highest standard of naturopathic care and commitment to excellence. She's earned a reputation for being one of Bethel's leading health care providers who cares deeply about naturopathic medicine and your health. She has not only served Bethel, but also the surrounding communities in the tri-state area for over 20 years. In the past, she served as a supervising physician of student doctors at the University of Bridgeport's School of Naturopathic Medicine and was the former president of the Connecticut Naturopathic Physician's Association. Her combination of skills makes her a unique asset to conventional and holistic doctors. Specialties: Acupuncture Nutraceuticals Botanical medicines Nutrition. Chinese medicine Focus: General practice Women's health Men's health Pediatrics Family medicine Chronic inflammation Endocrine disorders Chronic disease Care coordination. Education & Training: Hunter College, B.S. Northern Arizona University Southwest College of Naturopathic Medicine, N.D. Center for Eclecticism & Nature Cure Peter J. D'Adamo, ND & Blood Type Diet Hawleyville Naturopathic Medical Joshua Berry, ND & Dr. Whelan. Affiliations: Connecticut Naturopathic Physician's Association Former president 10 Elizabeth St., Bethel CT 06801 © 2022-2025 by Bethel Naturopathic Medical, LLC.”

b) from purenaturopath.com:

“Bethel Naturopathic Medical. Naturopathic Family Medicine & Acupuncture. Our Services. Holistic Health Therapy at Bethel Naturopathic Medical. Each body holds the key to its healing potential. Our doctors provide holistic health therapy and the tools necessary to unlock this potential. We aim to create a safe and compassionate environment for you to discover what will help you lead a healthy & relaxed life. Our Doctors. Integrative & Holistic Family Medicine. For the past 15 years, we've offered a broad range of holistic health therapies to support common acute and chronic illnesses for families. We order laboratory studies, imaging, and can refer you to a specialist when necessary. Our Services. Partnered with Insight Rehab & Wellness.

Our office is shared with Insight Rehab & Wellness, a physical therapy practice with experienced practitioners who offer integrative manual therapy services for chronic pain, post-operation management, and sports medicine. Insight Rehab's group of licensed physical therapists are committed to inspiring and empowering their patients to take control of their health and regain strength and mobility. Learn More. Featured Services: Acupuncture Nutrition Herbal Medicine. Alternative Medicine. Homeopathy. Become a Patient. Leave your contact information below and we'll call you. First Name Last Name Email Phone 10 Elizabeth St., Bethel CT 06801 © 2022-2025 by Bethel Naturopathic Medical, LLC."

c) from purenaturopath.com/drjaredpistoia:

"Jared C. Pistoia, ND. Dr. Pistoia is a naturopathic physician at Bethel Naturopathic Medical. He treats all chronic health conditions, but specializes in the treatment of mental health and gastrointestinal disorders. He's authored two books and is a former writer for Healthline. He also serves as the Vice President and Legislative Chair of the Connecticut Naturopathic Physician's Association. His early contributions to health began in high school, when he worked with a faculty health committee to introduce healthier school lunch and snack choices. He later attended Stony Brook University in New York, worked as a certified fitness trainer for several years, and completed naturopathic medical school as a cum laude graduate. In addition to receiving a stellar achievement scholarship, he also received "making a difference" awards for academic aptitude and commitment to naturopathic medicine. Dr. Pistoia is a passionate about naturopathic medicine and has a strong interest in the advancement of community health. Book with Dr. Pistoia Specialties. Homeopathy Botanical medicine Detoxification Electrotherapy (Rife) ZYTO scan & biofeedback ZYTO EVOX Focus Mental health Depression Grief Trauma Anxiety, OCD Post-traumatic stress disorder (PTSD) Gastrointestinal disorders Irritable bowel syndrome Ulcerative colitis Bloating, indigestion, gas GERD, LPR, and acid reflux Gastritis Dysbiosis, microbiome Gut-brain Lyme and co-infections Counseling & health optimization Education & Training Stony Brook University, B.S. Health Science National University of Natural Medicine, N.D. PAAM Mistletoe Practitioner Certification Publications Psych Central Dozens of mental health articles Integrative Medicine: A Clinician's Journal Functional dyspepsia. Books: In Pursuit of Health (2020) Pocketful of Sunshine (2023). See full list drpistoia.com/publications 10 Elizabeth St., Bethel CT 06801 © 2022-2025 by Bethel Naturopathic Medical, LLC."

d) from purenaturopath.com/acupuncture:

"Acupuncture. What are the benefits of acupuncture? Widely praised for its effectiveness at reducing chronic pain, acupuncture offers a variety of different benefits that can help improve your health. By targeting key points on the surface of the skin, acupuncture needles help facilitate the flow of the body's electric currents. Guided by principles of Chinese Medicine, acupuncture can also be used to aid digestion, improve mood disorders like anxiety and depression, encourage sleep, and more. Is acupuncture painful? Most people experience little to no pain during acupuncture. However, for some people, there can be a brief, sharp pain when the needle is inserted. Does acupuncture work immediately? The time to

effect typically varies. Some people notice immediate relief whereas others experience benefits over time. You can expect to work with an acupuncturist on a weekly or bi-weekly basis for the best benefit.”

e) from purenaturopath.com/homeopathy:

“Homeopathy. What is homeopathy? Homeopathy is a medical therapy based on the observation that illness may be healed with minute dose of a substance. Homeopathic practitioners prescribe a homeopathic medicine based on an interview, physical exam, and an assessment of your symptoms. What is homeopathy best for? Widely considered to be one of the best holistic therapies, homeopathy aims to restore health to your whole body. It can be used to treat a broad range of diseases, from acute illnesses like infections to chronic diseases like interstitial cystitis. What is an example of homeopathic medicine? Homeopathic medicines are created using substances derived from plants, minerals, or animals. Some of the most commonly used among these are flowers such as arnica, chamomile, and nux vomica (strychnine); minerals such as calcium carbonate, potassium (causticum), and sulfur; animal products such as carcinosin (cancer tissue), tuberculinum (tuberculosis tissue), and psorinum (scabies). There are thousands of different homeopathic medicines. What are the risks of homeopathy? Since the doses used are extraordinarily small, homeopathic medicines pose virtually no risk to your health. In some cases, your symptoms may temporarily worsen, but the effect doesn't last and usually leads to improvement. How long does it take for homeopathy to work? The time to noticeable effect varies from person to person depending on the dose, your sensitivity, and your symptoms. You can typically expect to notice a difference within minutes or days.”

f) from purenaturopath.com/herbalmedicine:

“Herbal Medicine. What is herbal medicine used for? Also called botanical medicines, herbal medicines can be used to treat both acute and chronic illnesses. Some conditions include bloating, fatigue, enlarged prostate, and high blood pressure. They've been used by doctors for millennia to treat illness and are one of the oldest forms of medicine. What is an example of herbal medicine? Some of the most popular herbal medicines include ginseng, ginkgo, St. john's wort, turmeric, and boswellia, but there are many other herbs with various health-promoting properties. What are the effects of herbal medicines? The effects can vary widely depending on the herb. Some herbal medicines predominantly affect the cardiovascular system whereas others affect the nervous system. They can all act on different systems and produce different, desirable effects. For example, herbs can: raise or lower blood pressure calm the nervous system raise or lower sex hormones stimulate or soothe digestion. Does herbal medicine really work? Yes, herbal medicine has been effective for the treatment of acute and chronic disease for millennia. Botanicals have also been widely used and studied for sports and performance enhancement. Scientific studies continue to affirm the benefits of some herbal medicines, while more research is still underway for others. Are herbal medicines safe? Some herbal medicines can be dangerous if used improperly.

Naturopathic doctors are educated in the safe and appropriate use of herbal medicines.”

g) from purenaturopath.com/nutraceuticals:

“Nutraceuticals. What are nutraceuticals? The term "nutraceutical" is a combination of the words "nutrient" and "pharmaceutical." Nutraceuticals contains therapeutic compounds isolated from plants and whole foods. What is the difference between a supplement and a nutraceutical? A nutraceutical is derived from a whole food and used for a particular purpose, whereas a supplement is an umbrella term for any substance that can be used to enhance or modify your intake of nutrients. What is an example of a nutraceutical? Curcumin is a well-known nutraceutical derived from turmeric root. Extracted from turmeric for its anti-inflammatory benefits, curcumin is often used to manage inflammation. Other common nutraceuticals include omega-3 fatty acids, CoQ10, and EGCG from green tea. Are nutraceuticals the same thing as drugs? Nutraceuticals are similar to drugs because they are intended to cause a specific effect in the body. Using EGCG, a nutraceutical from green tea, to improve cellular health is one example. However, nutraceuticals are not considered drugs.”

h) from purenaturopath.com/detoxification:

“Detoxification. What is detoxification? Detoxification refers to the elimination of toxins from your body. This can be accomplished by using an approach known as biotherapeutic drainage, which uses specialized homeopathic medicine formulas (UNDA), micro-doses of minerals, and concentrated botanical formulas to drain your body of toxins. These medicines work by assisting the function of your major organs and tissues, such as the liver and kidney, which are chiefly responsible for toxin elimination. Ultimately, detoxification helps to improve your symptoms and reduce the basis for disease. What conditions can be treated by detoxification? Detoxification therapies such as biotherapeutic drainage can be used to treat both acute and chronic conditions. For example, infectious illnesses like bronchitis, flu, and common cold in addition to chronic illnesses such as PCOS, digestive disorders, and migraines can all be treated with biotherapeutic drainage. Is biotherapeutic drainage safe? Yes, it's safe for both children and adults. The medicines help the body's capacity to dislodge, process, and eliminate toxins without creating undue strain on the body. How does biotherapeutic drainage work? The medicines are prescribed after an interview and physical exam. Our doctors will then prescribe a specific formula based on your symptoms. The formula is designed to target stressed organs with botanicals/homeopathics and support their overall function with the use of minerals, resulting in improved toxin elimination. This process ultimately has a cleansing and self-regulating effect, restoring health. Will this interfere with my medications? No, biotherapeutic drainage medicines will not interfere with your medicines and can be taken safely on conjunction with them.”

i) frompurenaturopath.com/zytoscan:

“ZYTO Scan. What is a ZYTO Scan? A ZYTO scan is a device used to perform an investigation of your body’s health. By placing your hand on the ZYTO device, it

evaluates the health and functional capacity of your major organs and mental health stressors by asking your body a number of digital questions, like a survey, and then records your body's responses in digital format. The ZYTO scan works using electrodermal technology, measuring changes in your hand's electric current. How is a ZYTO scan performed? Getting a ZYTO scan is quick, painless, and non-invasive. Simply place your hand on a cradle while a scan is run. It takes about 3-5 minutes and can evaluate the following areas and more: Gastrointestinal System Cardiovascular System Detoxification System Endocrine System Immune System Diet & Nutrition Hydration Inflammation Mental/Emotional Stress Sleep. Toxic Stress. Book a ZYTO Scan. What can a ZYTO scan detect? The ZYTO scan evaluates your body for hundreds of different functional markers: Overall stress and biological function Causes of inflammation Detoxification ability Gastrointestinal disorders & microbiome Cardiovascular function Hormones Hydration status Mental and emotional health Sleep quality Diet & nutrition Problems with specific organs, e.g. gallbladder, liver, stomach Bacterial, fungal, and viral load Toxic load, e.g. pesticides, herbicides, antibiotics Lymphatic & immune health Vitamin & minerals Dental issues. Spine & musculoskeletal system stress. Sample Section Report: Stressors Causing Inflammation. What else can the ZYTO do? The ZYTO can also help to determine which foods and food groups may be beneficial for your present state of health. Again, this helps to make more informed decisions about which foods may be worth rotating out and which foods you may want to eat more of.”

j) from purenaturopath.com/nutrition:

“Nutrition. What does a nutritionist do? A nutritionist will work with you to develop a realistic and healthy diet. The specifics of that diet will depend on your goals and symptoms. Many people seeking nutrition plans also have digestive disorders, in which case one of our naturopathic doctors will usually recommend natural medicines to support digestion. Is seeing a nutritionist worth it? If you've been struggling with your weight, were recently diagnosed with an illness, or you just need advice on how to eat a healthier diet, speaking to a nutritionist can help you. Our doctors at Bethel Naturopathic Medical can teach you the basics of healthy eating and how you can make simple changes to improve your eating habits, manage your weight, and optimize your health. What does a nutritionist ask you? Nutritionists will ask you various questions to get a better understanding of your lifestyle and eating habits. Some questions may include: why are you seeking nutrition services? what are your specific goals nutrition goals? have you tried a nutrition plan before? do you cook at home or eat out? which foods do you like and dislike? what is your daily schedule? Is a nutritionist a doctor? Some nutritionists are doctors, but you don't have to be a doctor to be a nutritionist. In Connecticut, anyone can call themselves a nutritionist because the state doesn't require a specific license, degree, or certification.”

k) from purenaturopath.com/mistletoe-therapy:

“Mistletoe Therapy. What is Mistletoe Therapy? Today, more than two thirds of cancer patients use naturopathic medicine and methods in addition to conventional therapies. The most frequently used herbal medicinal products are mistletoe

preparations. Mistletoe therapy is possible and advisable in many tumor diseases. We have summarized the most important study results since 2000 for various types of cancer in a generally understandable manner. You can start mistletoe therapy at any time – before surgery, afterwards or at a later point in the course of the disease. It can also be combined well with other therapies – this applies to chemotherapy, hormone and antibody therapies as well as targeted therapies or radiation. It does not weaken them, but rather enhances their effect. For most types of cancer many clinical studies demonstrate that mistletoe therapy is safe to use, well tolerated and there are only a few contraindications. It improves the quality of life and reduces the side effects of other therapies and – in particular in an integrative therapy concept – it may also contribute to prolonging survival. On these pages you will find everything you need to know about the effects of mistletoe therapy on cancer as well as its side effects and contraindications, reimbursement, what preparations are available, what constituents they contain, how they should be stored and how they differ from each other. We have provided for you the most frequently asked questions and answers in a compact format for quick orientation, as well as interesting facts about growth and development along with specific characteristics of the mistletoe plant. Mistletoe therapy is not approved for the treatment of leukemia or lymphoma and in general for tumor treatment in children. In these cases, mistletoe therapy is carried out off-label, which means with the consent of the patients or parents and on the responsibility of the treating physician. However, add-on mistletoe for children has been shown to be safe. Which Types of Cancer is Mistletoe Therapy Used For? For the evaluation of mistletoe therapy in cancer, 157 clinical studies of varying quality are available. 152 of these studies (97 percent) show an advantage for mistletoe therapy. Some of the conclusions from these studies: it's safe and has only a few side effects it improves quality of life and subjective well-being it can increase the effectiveness of conventional cancer therapies it can reduce side effects of conventional treatment so that the optimal dose may be used for therapy and the treatment becomes more effective it can alleviate disease- or therapy-related symptoms such as nausea, vomiting, diarrhea and the susceptibility to infections it can relieve tumor-related fatigue-syndrome it can relieve tumor-related pain it stimulates the body’s immune response against the tumor as well as non-specific immune reactions it can inhibit the growth of cancer cells it can prevent relapses and metastases if necessary it may extend overall survival time. The extent of the therapeutic effect seems to depend on the duration of mistletoe therapy, the dose, the host tree and the type of application. Biological characteristics of the tumor and the individual readiness of the immune system to respond to mistletoe therapy also play an essential role. On the following pages, we have summarized the current state of clinical research with regard to the different types of cancer. Breast cancer Ovarian cancer Uterus cancer Cervical cancer Stomach cancer Colorectal cancer Liver cancer Pancreatic cancer Lung cancer Bladder cancer Black skin cancer Bone cancer Leukemias and lymphomas How is Mistletoe Used? Mistletoe preparations are offered in the form of ampules for injection and are not available as tablets or capsules for ingestion because they could lose their efficacy in the digestive tract. There are different forms of injection: under the skin (subcutaneously) into the vein (intravenously, off label use) into the tumor (intratumoral, off label use) into body cavities

(intracavital) off label use). Each mistletoe therapy is conducted on an individual basis. The ampules are usually injected under the skin and it is mostly started with a gradual dosage in very low concentration. This will be increased until a local reaction accompanied by reddening of the skin (erythema) is visible. The first injection should be performed under the supervision of a doctor to observe the reaction to it. Later, you can administer the dose by yourself at home or have it given to you by your partner or another helping person. Other forms of application – into the vein, into the tumor, into body cavities – are currently still off label, which means they have not yet been approved for this type of use by the authorities and should only be carried out by specialized doctors. The intravenous application is gaining importance. You can start mistletoe therapy as soon as you know you have cancer, even before surgery, as well as before or during chemotherapy, radiotherapy, hormone therapy or antibody therapy. Usually these conventional therapies are better tolerated when mistletoe is applied. Are there Side Effects? Mistletoe therapy is generally well tolerated. Undesirable effects occur only rarely. The most frequent phenomenon is a reddening of the skin at the injection site. However, this is not an undesirable side effect, but an almost desirable one, because it indicates that the immune system is responding to the mistletoe extract. This is exactly what should be reached. This redness or erythema is therefore harmless up to a diameter of 5 cm and will usually subside on its own. It also serves as an orientation for dosing the mistletoe extract. If the area reddens more and simultaneously hardens, the dosage of mistletoe extract may be too high. If the body temperature rises above 38 °C on the day of injection or if there occur signs of exhaustion, shivering, a general feeling of illness, headaches or short-term dizziness, the dosage is effective but probably too high. If the dosage is reduced, these symptoms usually disappear again quickly. What are the Benefits of Mistletoe Therapy? Improves Quality of Life Mistletoe therapy helps to awaken and support the powers of recovery – the disease no longer seems insurmountable; life has a future again. Many clinical studies have shown that mistletoe therapy noticeably improves quality of life in the following ways: Appetite returns Weight increases – the body gains strength Sleep improves The susceptibility to infections reduces The cold feeling with shivering and freezing, which often occurs with cancer, stops Pain subsides Performance increases The mood brightens and depression subsides Emotional stability grows The fear of the illness, which often dominates thoughts and actions especially in the time following diagnosis, diminishes It becomes easier to distance oneself from the cancer disease and to concentrate instead on life itself You are doing something to treat yourself and are no longer just the object of therapeutic measures You are once again in a better position to make decisions and set priorities in your life. The disease no longer dominates your whole life You come back to yourself and to what constitutes you and your path in life Regulates the Immune System Essential effects of mistletoe therapy include: The immune system is modulated The number of immune cells increases again (if they were previously reduced) The growth of cancer cells is reduced (proliferation inhibition) Cancer cells are stimulated to die (apoptosis) Genetic material is protected The side effects of chemotherapy and radiotherapy are less and therefore better tolerated Is there Research and Scientific Evidence? The short answer is yes. To date, more than 150 studies have been conducted on the clinical use of mistletoe preparations. Some of

the highest quality research includes the following meta-analyses and systematic reviews. Some of these reviews have already been published before 1996 or relate to mistletoe lectin I-standardized, i.e. phytotherapeutic mistletoe preparations. These and the reviews on immune stimulation, tolerability, dose finding, or other indications than cancer are not analyzed here. In the following, the reviews and meta-analyses are discussed sequentially, following the date of their publication. The most recent publications are always on the top of the list: Loef and Walach 2020: Quality of life in cancer patients treated with mistletoe: a systematic review and meta-analysis Ostermann et al. 2020: A systematic review and meta-analysis on the survival of cancer patients treated with a mistletoe preparation (Iscador): an update of findings Freuding et al. 2019: Mistletoe in oncological treatment: a systematic review; Part 1: Survival and safety Freuding et al. 2019: Mistletoe in oncological treatment: a systematic review; Part 2: Quality of life and toxicity of cancer treatment Kröz et al. 2016: Is there an indication for mistletoe therapy in the treatment of cancer-related fatigue and insomnia in cancer patients? A review Büssing et al. 2012: Quality of life and related dimensions in cancer patients treated with mistletoe extract (Iscador): a meta-analysis Kienle and Kiene 2010: Influence of Viscum album extracts (European mistletoe) on quality of life in cancer patients: a systematic review of controlled clinical studies Ostermann et al. 2009: Survival of cancer patients treated with mistletoe extract (Iscador): a systematic literature review Kienle et al. 2009: Viscum album extracts in breast and gynaecological cancers: a systematic review of clinical and preclinical research Horneber et al. 2008: Mistletoe therapy in oncology: a Cochrane review Kienle and Kiene 2007: Complementary cancer therapy: a systematic review of prospective clinical trials on anthroposophic mistletoe extracts Lange-Lindberg et al. 2006: Mistletoe therapy as an adjuvant treatment to reduce toxicity of chemotherapy of malignant diseases (DIMDI HTA report)Frequently Asked Questions. Onset and course of therapy. When should mistletoe therapy begin? Mistletoe therapy can be start early, even immediately after diagnosis or before surgery, if this is planned. Since mistletoe therapy activates the immune system and thus promote resistance, the body will be well prepared for the stress that surgery causes to the organism. But a later start is also possible. Can mistletoe therapy also be performed during chemo- and/or radiotherapy? Yes, because mistletoe therapy can reduce the adverse effects of chemo- radio-, hormone or antibody therapy. However, it is essential to ensure that the injection is given outside the radiation field, otherwise the skin can become highly inflamed. Does mistletoe interfere with the effects of other drugs? No, so far there are no known negative interactions with other drugs. The studies available so far show that mistletoe therapy can be well combined with conventional treatment methods like chemo- radio-, hormone or antibody therapy. It can also reduce some of their undesirable effects. How long does the treatment take? Mistletoe therapy is often a long-term therapy but needs to be accompanied by a health professional. How long the therapy lasts in individual cases depends on how the disease develops and how the organism reacts to the therapy. Do blood levels need to be measured? In most cases the blood levels are determined once at the beginning of mistletoe therapy and monitored repeatedly at longer intervals during the course of the treatment. However, such laboratory controls are not absolutely necessary. Each doctor decides which examinations are necessary in the individual case on the basis

of the disease situation. Does mistletoe therapy influence tumor markers? The tumor markers change depending on the course of the disease. If the general condition improves or the tumor size reduces as a result of mistletoe therapy, the tumor markers may also decrease again. Is mistletoe therapy useful if metastases are already present? Yes, because mistletoe therapy can improve quality of life and strengthen the immune system, which may be manifested, for example, in an increase in appetite and weight, normalization of sleep quality and stimulation of the vital spirits revive. Can mistletoe therapy relieve pain? Mistletoe therapy may reduce the need for analgesics. Pain intensity depends on the tumor growth, your general condition and physical strength. As your condition improves and energy returns, yours pain also decreases. Which mistletoe preparation is the appropriate one? There is no "right" or "wrong" mistletoe preparation. The most important aspects in the selection of the mistletoe preparation are the type and stage of the tumor, the patient's individual symptoms and situation of the patient and above all, the question of what is to be achieved with mistletoe therapy. Considering these factors, the doctor needs to find the most suitable preparation. People who are sensitive to drugs may initially be given a rather low-dose mistletoe preparation – some manufacturers offer special preparation series with particularly low initial concentrations for this purpose. Side effects: Is the reddening of the skin an allergy? No, redness at the injection site up to 5 cm in diameter is a sign that the immune system reacts to mistletoe therapy. The red spot itches – is that an indication of an allergic reaction? No, this is not an indication of an allergy either. The itching can occur when the mild local inflammation caused by the mistletoe extract subsides. Is it dangerous if mistletoe therapy causes fever? An increased temperature of up to 38 °C is desired because the organism is stimulated to regulate the body temperature. This ability is often weakened in cancer patients. Many cancer patients who are always shivering feel comfortably warmed up following subcutaneous mistletoe therapy. If temperatures exceed 38° C and persist for more than 3 days, an infectious process or tumor fever should also be considered. If higher fever develops during mistletoe infusion (up to 39.5 °C), this may be therapeutically useful. However, this therapy variant is an off-label application and should therefore always be under medical supervision. If the body temperature remains above 38 °C for more than three days, you should consult your doctor. Can mistletoe stimulate tumor proliferation? Neither laboratory experiments nor more than 150 clinical studies have found evidence that mistletoe therapy could stimulate tumor proliferation. Injections: Should mistletoe preparations always be injected? Mistletoe therapy is approved for subcutaneous application. In the form of an oral application, the protein-containing mistletoe extracts would be "digested" in the stomach and made ineffective. Do the injections hurt? No, the injection can only be felt as a small prick. It may be as well slightly painful if injection has been given intracutaneously or when a nerve end has been struck by mistake, being however harmless. The needle used for injection is extremely fine and thin. You can look for a place to inject where your body is as insensitive as possible (abdomen, thighs). At the beginning you should be instructed how to inject by a professional, because there are a few tricks and tips on how to inject painlessly. Hardenings form at the injection site. Why? The hardening is called induration and it is caused by the migration of white blood cells into this region. This induration disappears within a

few days, usually the day after the injection. At what time should injection take place? If it is important to stimulate the activity of the organism, it is useful to perform the injection during the rising of the body temperature, i.e. in the morning (between 7 and 9 a.m.). If the warming aspect of mistletoe is to be preferred, it is advisable to inject it at the time of maximum body temperature, i.e. in the evening (between 5 and 6 p.m.). In principle a change of both methods is possible. If the next injection is due but the redness has not yet subsided, what can be done? Normally you do not inject into the same place again. Nevertheless, you should wait with the next injection until the redness of the previous injection has completely subsided, because otherwise the redness that still exists could intensify to such an extent that a strong and painful inflammatory reaction develops. A redness that does not disappear within two days is often greater than five centimeters, indicating that the dose of mistletoe extract is too high or that the injection was wrong. Source: www.mistletoe-therapy.org.”

L) from purenaturopath.com/faq:

“FAQ. What insurance do you accept? Aetna Anthem BC/BS Cigna Connecticare Husky Multiplan United Healthcare/Optum. *Before your visit, please check with your insurer to determine if your policy covers naturopathic services. Some insurers have a "naturopathic exclusion" and do not reimburse for naturopathic services. In that case, you will be responsible for the out-of-pocket cost of the visit. How much are out-of-pocket visits? Uninsured or Naturopathic Exclusion: New patient (60 minutes): $230 Return patient (30 minutes): $115 Medicare Patients* New Medicare patients (60 minutes): $120 Return Medicare patients (30 minutes): $80 *We offer this discounted rate exclusively to Medicare patients. Do you treat patients with severe health problems? Yes. We treat a vast amount of severe health issues, including Lyme disease, post-covid symptoms or long-covid, ulcerative colitis, lupus, chronic migraines, sleep disorders, seizures, arthritic conditions, anxiety, depression, and more. Does you treat terminal or chronic illnesses? Yes, we provide supportive treatments for patients with cancer, diabetes, multiple sclerosis, heart disease, etc. Feel free to ask how we can help your specific illness. What will my first visit be like? Your visit will consist of a combination of questions regarding your medical history, present symptoms, and physical exam. Then, a discussion about course of action and follow-up. How long is an office visit? New patients are seen for one hour and returning patients are typically seen for 30 minutes. My spouse and I have the same insurance. Can I just give their information if I'm unable to locate my card? Spouses who have the same insurance will still have different insured ID numbers. You will need to provide your individual insurance card for our office's record keeping purposes. Do you offer applied kinesiology testing (muscle testing)? Yes, when appropriate, muscle testing is a technique offered by Dr. Herman. Do you perform annual physicals? Yes. For back-to-school physicals, you will need to check with your child's school to find out if their requirements allow for licensed naturopathic doctors to perform their physical. Are your doctors considered primary care physicians (PCPs)? Although we are trained to function as PCPS, your health insurance will classify naturopathic doctors as specialists. Do you perform routine gynecologic exams? Yes, Dr. Herman performs gynecologic exams. Do you

prescribe CBD or marijuana products? Our medicinary contains select full-spectrum hemp extract CBD. These products do not require a prescription by an MD. In addition to CBD, our doctors can also prescribe medical marijuana cards. Can I stop taking all my prescription medications after becoming a patient? In some cases, we can help you gradually reduce the need for prescription medication. However, you should not stop taking any prescription medications you are currently taking. Can you make referrals? Our doctors can refer you to physical therapists, medical doctors, and specialists."

m) from purenaturopath.com/dr-ward-j-mcfarland-jr-md:

"Ward J. McFarland, Jr., MD [correct, a medical doctor]. Dr. McFarland received his B.S. from Yale College and his M.D. from the Yale School of Medicine. He was in private practice in New Haven, CT for many years, where he focused primarily on the management of chronic pain, anxiety, and stress-related disorders using a combination of cognitive and behavior therapies with medication. Dr. McFarland founded the Biofeedback Center of New Haven and pioneered the practical application of biofeedback and relaxation training for the management of chronic headaches and stress reduction. He remains very interested in the interaction of pain, anxiety, and depression, favoring methods that involve retraining the body's responses to pain and stress using neuromuscular re-education and behavioral techniques. While he will incorporate medication when necessary, he avoids use of opiates and most tranquilizers, preferring to use medications that modulate neurotransmitters and enhance the body's ability to handle stress and pain. Book with Dr. McFarland. Specialties Biofeedback Pharmaceuticals Neuromuscular re-education Behavioral medicine Physiatry Education & Training Yale College, B.S. Yale School of Medicine, Yale University Focus Stress Depression Anxiety Chronic pain Restoration of function."

062. ND Maher Pages at soleiholistic.com

a) from soleilholistic.com/services/naturopathic-functional-medicine:

"Naturopathic & Functional Medicine. Naturopathic Medicine Clinic. Soleil Acupuncture and Naturopathic Wellness offers an integrative healthcare approach that focuses on identifying and addressing the root causes of illness. Our Naturopathic Medicine Clinic emphasizes whole-person health, combining traditional healing methods with modern scientific advancements to provide comprehensive, personalized care. Our services include comprehensive health assessments, dietary and lifestyle counseling, and herbal and nutritional supplementation. Is this service right for me? Our Naturopathic and Functional Medicine services are ideal for individuals seeking a holistic approach to their health. We specialize in addressing chronic health concerns by identifying and targeting the underlying causes, rather than simply managing symptoms. This approach is particularly effective for those dealing with hormonal imbalances, as we take into account the various factors affecting hormonal health, such as diet, stress, and lifestyle. For individuals struggling with digestive issues, our services offer significant relief. We understand that gut health is often at the root of systemic issues, including mental health concerns. Our practitioners are skilled in developing targeted treatment plans to

restore balance and optimize digestive function, helping you achieve optimal wellness from the inside out. Preventative care is another area where our Naturopathic Medicine Clinic excel. By proactively addressing potential health concerns and promoting overall wellness, we help you maintain optimal health and reduce the risk of future illnesses. This proactive approach is perfect for those who want to take control of their health and invest in their long-term well-being. If you've been struggling with longstanding health concerns and have not found real relief or answers from other doctors, our integrative approach may be the solution you've been seeking. Here at our Naturopathic Medicine Clinic, we welcome individuals who are looking for low-force health interventions, are holistically minded, or are seeking second opinions for newly diagnosed concerns. Our goal is to provide you with the personalized care and attention you deserve, helping you achieve your health goals and improve your quality of life."

b) from soleilholistic.com/blog/qi-energy-healing-ancient-modern:

"Qi energy healing: Bridging Ancient Wisdom & Modern Scienceqi energy healing. Exploring the Essence of Qi and its Healing Potential. Qi energy healing is rooted in the understanding of Qi. But what is Qi? Qi (pronounced "chee") is often described as vital energy, the invisible force that fuels every physical and mental function in the body. Derived from the air we breathe and the food we consume, Qi ensures energy, health, and balance. When Qi flows smoothly and abundantly, we feel energized and healthy. However, when Qi becomes stagnant, depleted, or imbalanced, it can lead to fatigue, illness, or emotional distress, and this is where qi energy healing can help. Why Is Qi Hard to Understand? Qi can be a challenging concept for two reasons: Language Barrier: In Chinese culture, the character for Qi combines "air" and "rice," symbolizing how energy comes from both breath and food. Intangibility: Qi is abstract and unseen, unlike physical objects. It exists conceptually as the energy that sustains life, making it harder to visualize, to help you see qi energy healing. Qi and Modern Science: A Natural Connection. While Qi is an ancient idea, it aligns closely with modern scientific concepts of energy, where qi energy healing is an important piece: Energy from Air: The oxygen we breathe fuels cellular functions, similar to how Qi supports biological processes. Energy from Food: Nutrients from food are converted into ATP (adenosine triphosphate) in the mitochondria, which powers our cells. This mirrors the role of Qi as the energy derived from food to sustain life, which you can access with qi energy healing. How Is Qi Assessed? Modern Medicine. In modern medicine, Qi is indirectly assessed through measurements like: Energy levels (fatigue, vitality) Digestion and metabolism Heart rate, brainwaves, and temperature Muscle activity and overall physiological functions. When you report symptoms like low energy, poor digestion, or emotional imbalances, you're describing the state of your Qi. Assessing your Qi is the first step with qi energy healing. Traditional Chinese Medicine (TCM). A Chinese Medicine practitioner uses physical diagnostics and a detailed intake of symptoms to assess Qi. Evaluations may include: Pulse quality and tongue assessment Body temperature and sweat patterns Physical pain or discomfort Energy levels and sleep quality Digestive, respiratory, and nervous system function Emotional tendencies (stress, anxiety, etc.) Urination, bowel movements, and reproductive health Skin,

nails, and head/neck evaluations. These holistic assessments help identify imbalances in Qi and guide personalized treatment plans that is incorporated in qi energy healing. Restore and Balance Qi for Better Health. Qi is responsible for maintaining the vitality of your body, mind, and spirit. By understanding Qi, you can gain deeper insight into your symptoms and identify areas that need attention, where qi energy healing can help you in this process. Ways to Restore Qi Flow using qi energy healing: Acupuncture treatments to stimulate energy flow and relieve stagnation Herbal medicine tailored to your unique needs Dietary adjustments to nourish and sustain energy Lifestyle practices like breathing exercises, mindfulness, and movement which are essential to qi energy healing. When you are consistent, you will see the benefits of qi energy healing. Take the Next Step Toward Balance and Vitality If you've been feeling "off" or struggling with low energy, digestion, or emotional imbalances, understanding and balancing your Qi could be the key to feeling better with Qi energy healing. Our clinic offers personalized Traditional Chinese Medicine treatments to assess and restore Qi flow, addressing your specific health concerns with Qi energy healing. Don't wait—take charge of your well-being today: Book an appointment with me and begin your journey to a more balanced, energized, and vibrant life!"

c) from soleilholistic.com/services/traditional-chinese-medicine:

"Traditional Chinese Medicine. Traditional Chinese Medicine (TCM). At Soleil Acupuncture and Naturopathic Wellness, we offer a comprehensive range of Traditional Chinese Medicine (TCM) modalities to restore balance and harmony within the body, mind, and spirit. TCM is a holistic, centuries-old medical system rooted in the principles of yin and yang and the flow of energy (Qi) through meridians. By addressing the root causes of illness while promoting overall well-being, TCM modalities work together to create a personalized treatment plan tailored to your unique needs. Our TCM services include Acupuncture Precise insertion of fine needles at specific points to balance Qi, relieve pain, reduce stress, and enhance healing. Herbal Medicine. Customized formulas made from natural herbs to support organ function, boost immunity, and treat a wide range of conditions. Cupping Therapy. Application of suction cups to improve circulation, reduce muscle tension, and detoxify the body. Moxibustion. Burning of the herb mugwort near specific acupuncture points to warm areas, enhance circulation, and promote healing. Dietary Therapy. Tailored recommendations based on TCM principles to nourish the body and restore health. Tui Na and Shiatsu. Hands-on therapeutic practices that aim to balance the body's Qi by stimulating specific points and energy pathways, known as meridians, to promote healing and overall well-being. Tui Na and Shiatsu. Tui Na and Shiatsu are two forms of bodywork within the Traditional Chinese Medicine framework. Tui Na, one of the oldest forms of bodywork in Traditional Chinese Medicine, combines acupressure, stretching, and massage techniques to treat both musculoskeletal and internal imbalances. Shiatsu, a Japanese bodywork technique influenced by Traditional Chinese Medicine, applies rhythmic pressure along the body's meridians using fingers, palms, and thumbs to harmonize Qi flow, relieve blockages, and restore balance to the body's internal systems."

d) from soleilholistic.com/blog/acupuncture-for-fertility-acupuncture:

“Acupuncture for fertility: Acupuncture for Fertility: Does It Actually Work? Evidence Guide. Medicine seeks to make health matters black or white, but all too often, they are gray. These people who don’t fit into the box of standard care also tend to fall through the cracks in healthcare; as unfortunate as this is, it is a reality. One such area is fertility which tends to have a “wait, watch, and see” approach and when either six months or a year have passed without success, depending on the woman’s age, invasive options are presented, such things like Intrauterine Insemination (aka IUI) and In Vitro Fertilization (aka IVF). For those of you who don’t know, a diagnosis of infertility is made based upon age and length of time trying to “unsuccessfully” conceive. For those under age 35, unsuccessful conception after one year and after 35, if unsuccessful after 6 months, both receive the label of “infertility.” Why would we wait until these timelines have been achieved to address the potential underlying concerns and then do so invasively? But there are no surprises here, right? Alternative medicine provides great support for women who are looking to get pregnant with herbs, stress management, and cycle mapping rather than just a passive approach. A key component of one’s fertility plan may be acupuncture for fertility, one that can benefit both woman and man; it can help to heal internal imbalances where conventional medicine falls short. While acupuncture for fertility can address even the most obvious musculoskeletal concerns, it is very much a system of balancing energy. The beauty for practitioners of Traditional Chinese Medicine (TCM) is that two patients can walk in the office with the exact same Western diagnosis and present very differently: receiving different TCM diagnoses and, therefore, different treatment plans. This is because TCM looks beyond a subset of symptoms and considers the individual’s constitution and personality type. How Acupuncture for Fertility Supports Your Journey to Conception For those unfamiliar with TCM or have never received acupuncture for fertility, this type of medicine is deeply rooted in theories that its originators have put forward and then time-tested to show their efficacy. It is only more recently that TCM treatments are being researched to show scientific validity, but it’s important to understand that because no two people will present the same and will likely not have the same treatment, it’s hard to do case-control studies. Also, just because many of these theories can’t be proven scientifically, it doesn’t invalidate the obvious benefits and improvements its recipients have experienced. In acupuncture for fertility, there are 12 primary channels and two extras that run up and down the body and each starting at the feet or the hands. They are named for a particular organ – yes, such as the stomach, intestines, or the heart – and while they have similar attributes to their Western function, their TCM purpose extends well beyond the obvious. As it pertains to fertility, the key channels often involved are the heart and the kidney; it can be said that they are not communicating effectively. In TCM, the kidney is where the essence, or life-giving force, is stored; a woman’s fertility is dependent upon how much essence she holds there. It is because of this attribute the kidney can be likened to the ovaries in Western medicine as they release the eggs for ovulation each month which are essentially life-giving. The heart houses the mind, so when patients complain of things like ruminating thoughts, it is frequently the heart that needs attention. Because of the close relationship of the

heart to the mind, it can be said that this is like the brain, or specifically the hypothalamus and pituitary, when it comes to matters of fertility. In Western context, there is direct communication from that part of the brain that signals to the ovaries, making this relationship very important in both schools of thought. Along with the nuances of a woman's fertile status, stress management is a big area of concern since a "fight or flight" state is only functioning to preserve the life of the woman; the concept of creating life isn't even on the radar. Acupuncture for fertility helps to quell the stress, which can come from soothing the heart, but it does so much more than that! It helps to reinforce or re-configure the connection between the brain and the ovaries. Even if a woman isn't considering children right now, or even in the next year, a fertile body is a healthy and optimally functioning one. This time leading up to conception is receiving much attention and has been given the name of "primemester" to ensure any irregularities in the menstrual cycle have been addressed for prime fertility in the future. But of course, those women who are seeking to fill their cups – and ultimately their wombs – much sooner, acupuncture for fertility may be the missing piece to their fertility plan. If you are looking for ways to optimize your hormones whether to get pregnant or just feel good, let's figure out an acupuncture for fertility plan for you! I am currently taking new acupuncture for fertility patients."

e) from soleilholistic.com/blog/acupuncture-for-fascia-unlocking-potential:

"Acupuncture for fascia: Unlocking the Body's Healing Potential. How Acupuncture for Fascia Enhances Healing and Movement. Acupuncture for fascia has become a focal point in understanding how traditional therapies can influence modern health. In recent years, the scientific understanding of acupuncture for fascia has expanded, offering new insights into how this ancient practice works. One compelling explanation lies in its interaction with the fascia, the body's connective tissue network. What Is Fascia? Fascia is a thin, web-like tissue made of collagen that wraps around and connects everything in your body: muscles, bones, organs, nerves, and blood vessels. This network is a connected, continuous structure throughout the body, allowing it to transmit forces, signals, and nutrients. Beyond its structural role, fascia is sensitive and responsive and plays a key role in communication and movement. How Does Acupuncture for Fascia Interact with the Body? When an acupuncture for fascia practitioner inserts a needle, coming in contact with the superficial, medial, or deep fascia, it affects it in several ways: Releasing Tension Fascial restrictions, or adhesions, can cause pain and limit movement. Acupuncture for fascia needles create a mechanical effect in the tissue, called "needle grasp," that helps release these restrictions. This restores mobility, reduces pain, and helps the fascia to realign. Stimulating Communication. Fascia is rich in sensory nerves and responds to mechanical and electrical signals. The piezoelectric properties of fascia—its ability to generate electrical charges when stretched—mean that acupuncture for fascia can enhance the body's internal communication pathways, encouraging healing. Connecting Distant Areas. Fascia's continuity explains how a needle in one part of the body can affect another. For example, treating an acupuncture for fascia point on the foot can relieve tension in the back because these areas are connected through fascial pathways. Enhancing

Blood and Qi Flow. Fascia surrounds blood vessels and lymphatic channels. By releasing tension and improving mobility, acupuncture for fascia enhances circulation and the flow of Qi, the vital energy described in Traditional Chinese Medicine. Real-World Examples. Chronic Back Pain: Acupuncture for fascia treatments often target fascial tightness along the back's myofascial meridians, reducing pain and restoring movement. Plantar Fasciitis: Needles inserted in both the foot and calf release tension in the fascial connections, providing relief from heel pain. While this provides temporary relief in most cases, the pain does not resolve until the fascia higher up in the structure, the hips and low back, is released. A Holistic Approach. Fascia bridges the gap between the traditional TCM view of meridians and the modern understanding of body mechanics. By working with the fascial network, acupuncture for fascia offers a powerful tool to address pain, promote healing, and restore balance—not just in one area, but throughout the entire body. Expanding the Benefits of Acupuncture for Fascia. Beyond pain relief and improved mobility, acupuncture for fascia offers a range of additional benefits that contribute to overall well-being. Fascia is not only a physical structure but also deeply involved in the body's sensory and nervous systems. By targeting the fascia, acupuncture can influence the autonomic nervous system, helping to reduce stress and promote relaxation. This calming effect supports the body's natural healing processes and can improve sleep quality, mood, and energy levels. Another important aspect of acupuncture for fascia is its role in enhancing lymphatic drainage. Fascia surrounds lymphatic vessels, which are responsible for removing toxins and waste products from tissues. When fascia becomes tight or restricted, lymphatic flow can be impaired, leading to swelling or a buildup of metabolic waste. Acupuncture helps to release fascial restrictions, facilitating better lymphatic circulation and supporting detoxification. Athletes and active individuals often find acupuncture for fascia especially beneficial. The fascia plays a critical role in force transmission and movement efficiency. By maintaining healthy, pliable fascia through acupuncture, athletes can reduce the risk of injury, improve performance, and speed up recovery times. This holistic approach addresses not just symptoms but the underlying fascial imbalances that may contribute to chronic pain or dysfunction. If you are experiencing persistent pain, limited range of motion, or simply want to enhance your body's natural healing capacity, acupuncture for fascia may be a valuable addition to your wellness routine. Combining this therapy with other modalities such as physical therapy, massage, or mindful movement practices can amplify the benefits and promote lasting results. Take the Next Step Toward Healing. Ready to unlock your body's healing potential through acupuncture for fascia? Schedule a consultation with a qualified practitioner today to explore how this integrative approach can support your health goals. Whether you're managing chronic pain, recovering from injury, or seeking enhanced mobility and vitality, acupuncture for fascia offers a personalized path to wellness. Don't wait—embrace the power of your body's connective tissue network and start your journey to renewed health and balance now."

f) from soleilholistic.com/blog/integrative-tcm-for-fertility-support:

“Integrative TCM for Fertility Support: What You Need to Know. You’re tired of hearing that you must “relax” when trying to conceive. The reality is, integrative TCM for fertility support does more than address stress. It works with your body’s natural rhythms to create real change. Integrative TCM for Fertility Support A 2008 British Medical Journal study found that women combining acupuncture with IVF saw their live birth rates increase by 65% compared to IVF alone. And according to research from the Journal of Integrative Medicine, patients who added Traditional Chinese Medicine to their conventional fertility treatments had 42% higher clinical pregnancy rates. When digestive issues flare up, sleep becomes elusive, or stress takes over, your reproductive system feels it too. At Soleil Acupuncture and Naturopathic Wellness, we see these connections. We blend acupuncture, herbal medicine, and naturopathic care with whatever medical treatments you’re already pursuing or considering. No judgment, no one-size-fits-all protocols. Just personalized support that honors where you are in your conception story. Key Takeaways TCM views fertility as an energetic balance involving Qi flow, kidney essence, emotional well-being, and physical reproductive health. Acupuncture increases IVF success rates by 65% through improved blood flow, hormone regulation, and stress reduction. Herbal medicine supports egg quality and implantation but requires medical supervision to prevent interactions with fertility medications. Begin TCM treatments three months before IVF/IUI to optimize follicular development and regulate menstrual cycles. Integrated care combines TCM with conventional fertility treatments, incorporating dietary modifications, lifestyle changes, and coordinated treatment timing. Understanding Traditional Chinese Medicine’s Approach to Fertility and Reproductive Health. Traditional Chinese Medicine offers a fundamentally different perspective from Western reproductive medicine by viewing fertility through the lens of energetic balance and systemic harmony. Your reproductive capacity depends on the balanced flow of Qi (vital energy), adequate kidney essence, harmonious liver function, and equilibrium between Yin and Yang forces. A 2019 study found that 73% of women with unexplained infertility showed identifiable TCM pattern imbalances, particularly kidney Yang deficiency and liver Qi stagnation. This holistic fertility approach recognizes that reproductive organs don’t function in isolation but are interconnected with your entire body’s systems. TCM practitioners assess your constitutional patterns through pulse diagnosis, tongue examination, and symptom analysis to identify specific imbalances affecting conception. According to research, women who received personalized TCM treatments based on their individual constitutional patterns achieved pregnancy rates of 58% within six months, compared to 32% in the control group. Rather than focusing solely on hormonal levels or structural abnormalities, integrative TCM for fertility support reveals how emotional stress, dietary habits, sleep patterns, and energetic blockages influence your reproductive potential. This personalized diagnostic framework allows Soleil Acupuncture and Naturopathic Wellness practitioners to create treatment protocols that address your unique fertility challenges while supporting your overall vitality. The Science Behind Acupuncture and Its Impact on IVF Success Rates. Research published in Fertility and Sterility in 2020 reveals that specific acupuncture techniques increase uterine blood flow by up to 32%, enhancing endometrial receptivity during critical implantation windows. Treatments targeting points like

PC6 and SP6 regulate hypothalamic-pituitary-ovarian axis function, naturally normalizing FSH and LH levels. Your body responds to these precise needle placements by releasing neurotransmitters that support reproductive function without pharmaceutical intervention. The stress reduction benefits of integrative TCM for fertility support translate directly into improved reproductive outcomes. A 2021 systematic review found that acupuncture sessions lowered cortisol levels by an average of 28% in women undergoing fertility treatments, directly improving oocyte quality and embryo development. Meta-analyses from the Cochrane Databases how you're 65% more likely to achieve a clinical pregnancy when combining acupuncture with IVF versus IVF alone. At Soleil Acupuncture and Naturopathic Wellness, we time these treatments strategically around your IVF protocol, activating neurological pathways that stimulate beta-endorphin release and create ideal conditions for successful implantation. Herbal Medicine Protocols for Supporting Assisted Reproductive Technologies. A TCM herbal medicine protocol offers targeted molecular support throughout ART cycles, working synergistically with pharmaceutical interventions to optimize reproductive outcomes. You'll find specific herbal formulations designed to enhance follicular development, improve endometrial receptivity, and regulate hormone production during different phases of treatment. A study in Phytomedicine found that women taking customized Chinese herbal formulas alongside IVF medications had 47% higher clinical pregnancy rates and significantly improved endometrial thickness. During ovarian stimulation, adaptogenic herbs like Rhodiola and Schisandra support your body's stress response while protecting ovarian reserve from oxidative damage. Pre-transfer protocols often involve blood-moving herbs to optimize uterine circulation, while post-transfer formulations focus on progesterone support and enhancement of implantation. Our Soleil Acupuncture and Naturopathic Wellness practitioners will carefully time these interventions, adjusting dosages based on your cycle monitoring and medication protocols. We'll screen for potential herb-drug interactions through integrative TCM for fertility support, ensuring your reproductive health remains protected while maximizing therapeutic benefits through evidence-based botanical medicine. Optimal Timing for Starting TCM Before Your IVF or IUI Cycle. Three months before beginning your IVF or IUI cycle represents the ideal window for initiating TCM treatments, aligning with the 90-day follicular maturation cycle that determines oocyte quality. Your fertility timing strategy should incorporate this TCM preparation phase to enhance reproductive outcomes. During this period, you'll establish baseline hormonal patterns through diagnostic assessments while implementing targeted acupuncture protocols. Weekly sessions regulate menstrual cycles, enhance ovarian responsiveness, and improve endometrial receptivity. Your practitioner will adjust treatment frequency based on your body's response and cycle characteristics. This preparatory phase allows sufficient time for herbal formulas to modulate reproductive function and for acupuncture to establish systemic balance. How Acupuncture Enhances Embryo Transfer and Implantation Outcomes. After establishing your TCM foundation during the preparatory phase, specific acupuncture protocols administered around embryo transfer considerably impact implantation success rates. The timing and technique of integrative TCM for fertility support around transfer day make all the difference in your outcomes. Our evidence-based transfer protocol includes: Pre-transfer

treatment (24-48 hours before): We target points that enhance uterine receptivity and reduce contractions that could interfere with embryo placement. Strategic point selection: We select points like PC6, SP8, and ST29 to promote parasympathetic dominance. These points specifically decrease stress hormones and create the calm internal environment your embryo needs. Post-transfer treatment (within 24 hours): We use gentle stimulation without strong manipulation to prevent uterine cramping while promoting endorphin release. The needles stay in for about 25 minutes, allowing your nervous system to maintain the relaxed state that optimizes implantation. Research published in Fertility and Sterility demonstrated that women receiving this pre- and post-transfer protocol showed 42% higher ongoing pregnancy rates. The most dramatic improvements occurred in those who had previously experienced implantation failure. This integrative TCM for fertility support approach works by increasing endometrial thickness and releasing neurotransmitters that create favorable conditions for your embryo to implant successfully. Managing Fertility Treatment Side Effects Through Integrative TCM Therapies. Fertility often triggers uncomfortable side effects that integrative TCM for fertility support can greatly alleviate. You know those splitting headaches from Clomid, the bloating that makes your jeans impossible to button, the mood swings that have you crying at commercials? Acupuncture actually helps with all of it. A study in Reproductive Biomedicine Online found that 78% of women receiving acupuncture during IVF cycles reported a significant reduction in medication side effects, especially the abdominal discomfort and emotional rollercoaster. Our therapies at Soleil Acupuncture and Naturopathic Wellness combine targeted needle placement with customized herbal remedies that work alongside your medications, not against them. Research published in Human Reproduction showed that women who added TCM to their conventional treatments had 43% lower anxiety scores and actually felt like themselves again during treatment. We work directly with your fertility team to adjust your nutrition and teach you breathing techniques that work when waiting for that phone call with your results. Personalized TCM Assessment and Treatment Planning at Soleil Wellness. Your individualized assessment at Soleil Acupuncture and Naturopathic Wellness starts with thorough diagnostic evaluations that blend traditional and modern approaches. We combine classical TCM methods with contemporary testing. This dual approach creates precision-targeted treatment protocols that address what’s happening in your body. Our comprehensive evaluation includes: Traditional TCM diagnostics: We perform detailed pulse reading and tongue examination to identify your constitutional patterns. These time-tested methods reveal energy imbalances and organ system dysfunctions that standard tests might miss. Modern laboratory testing: We order comprehensive hormone panels, thyroid function tests, and metabolic markers to get measurable data about your reproductive health. This includes FSH, AMH, progesterone, and other key fertility indicators. Pattern identification: We identify whether you’re dealing with kidney yang deficiency, liver qi stagnation, or blood deficiency while correlating these TCM patterns with your lab results. This comprehensive evaluation shapes how we deliver integrative TCM for fertility support, specifically for you. Research from the Journal of Alternative and Complementary Medicine in 2022 showed that patients receiving individualized TCM protocols based on combined diagnostics achieved pregnancy rates 54% higher than those using standardized treatments.

Your integrative TCM for fertility support protocol incorporates evidence-based acupuncture point selection, customized herbal formulations, and targeted nutritional interventions aligned with TCM principles and contemporary reproductive medicine. Collaborative Care: Coordinating TCM With Your Reproductive Endocrinologist. When coordinating TCM with conventional fertility treatments, you need structured communication between your acupuncturist and reproductive endocrinologist to optimize treatment timing and avoid contraindications. We've developed systematic protocols at Soleil Acupuncture and Naturopathic Wellness to ensure seamless integration with your medical team. How we coordinate with your fertility team: Direct provider communication: We document all acupuncture point selections, herbal formulas, and treatment frequencies for your fertility team's review. With your signed release forms, we'll send treatment summaries directly to your reproductive endocrinologist and maintain open dialogue about your progress. Strategic treatment scheduling: We time your acupuncture sessions around stimulation protocols, monitoring phases, and transfer dates. Our practitioners track your medication schedule to ensure treatments enhance rather than interfere with your IVF or IUI cycle. Safety screening for interactions: We carefully review all your fertility medications before recommending herbs or supplements. Our team screens for potential interactions with gonadotropins, progesterone support, and other reproductive medications you're taking. Cycle-specific adjustments: We modify your integrative TCM for fertility support protocol based on real-time updates from your RE's office. If your retrieval date moves or your protocol changes, we adjust immediately to maintain optimal support. This collaborative approach ensures both teams work in sync throughout your fertility journey. Research from Reproductive Biology and Endocrinology in 2023 found that patients receiving coordinated care between TCM practitioners and reproductive endocrinologists had 48% higher success rates than those whose providers worked independently. By maintaining comprehensive records and facilitating clear communication between providers, you get the benefits of integrative TCM for fertility support without the stress of managing conflicting advice or treatment approaches. Nutritional and Lifestyle Strategies Based on TCM Fertility Principles. In addition to coordinating care between practitioners, implementing TCM-based nutritional and lifestyle modifications can greatly enhance fertility outcomes. You'll benefit from understanding how TCM principles direct dietary choices and daily habits to optimize reproductive health. Nutritional balance according to TCM focuses on warming foods that nourish kidney essence and blood, while lifestyle adjustments emphasize stress reduction and circadian rhythm alignment. TCM Principle Dietary Recommendations Lifestyle Modifications. Kidney Yang Support Warm soups, ginger, cinnamon Early bedtime, moderate exercise Blood Nourishment Dark leafy greens, bone broth, red foods (i.e. berries) and organ meats Stress management, adequate rest Qi Circulation Whole grains, root vegetables Daily movement, breathwork. These evidence-based strategies work synergistically with acupuncture and herbal protocols, creating a thorough approach that addresses both constitutional imbalances and modern fertility challenges. Safety Considerations When Combining Herbal Medicine With Fertility Medications The herbs sitting in your medicine cabinet might seem harmless, but when you're taking fertility medications, even natural supplements can interfere with your treatment success.

Certain herbs can alter hormone levels, affecting how fertility drugs like gonadotropins, clomiphene, or letrozole function in your body. Fertility patients taking herbs without professional guidance might experience unintended hormonal fluctuations that impact their treatment cycles. This is because you’re particularly vulnerable during ovarian stimulation protocols when precise hormonal balance determines how many quality eggs you’ll produce. At Soleil Acupuncture and Naturopathic Wellness, we coordinate directly with your reproductive endocrinologist to ensure medication safety throughout your integrative TCM for fertility support protocol. We’ll document all herbal formulas, screen for interactions, and adjust or discontinue specific herbs before critical procedures like egg retrieval or embryo transfer. This collaborative approach with integrative TCM for fertility support protects your investment in fertility treatment while maintaining the therapeutic benefits that can enhance your success rates. Does Acupuncture for Fertility Actually Work? The research on acupuncture for fertility shows consistent results across multiple studies. Women who receive acupuncture before and during IVF cycles have significantly higher pregnancy rates than those who don’t. The mechanism makes sense when you understand that acupuncture increases blood flow to reproductive organs, regulates hormones, and reduces the stress hormones that interfere with conception. Integrative TCM for fertility support takes acupuncture for fertility even further by combining it with herbs, nutrition, and lifestyle modifications. This comprehensive approach addresses not just one aspect of fertility but creates systemic changes that support conception. The evidence shows that when you combine all these elements, success rates improve even more than with acupuncture alone. Conclusion: Your Next Step with Integrative TCM for Fertility Support. Integrative TCM for fertility support is a proven way to improve your chances of conception. When you start treatment three months before your IVF or IUI cycle, your body has time to respond. Your eggs improve, your hormones balance out, and you feel ready for what’s ahead. The stress relief that finally lets you sleep through the night? They’re not nice extras. They help your body do what it already knows how to do. Sometimes you just need the proper support to make it happen. We’d love to meet you if you’re ready to see how integrative TCM for fertility support can change your fertility journey. Book your initial consultation with us. Together, we can help you build the family you’re dreaming of. Call us or book online whenever you’re ready.”

g) from soleilholistic.com:

“Nurturing Wellness | Restoring Balance. At Soleil, we prioritize holistic healing and personalized care to help you achieve optimal health. As a leading functional medicine clinic, our integrative approach combines evidence-based natural medicine with innovative therapies to address your unique health concerns. Are you struggling with: Chronic health issues that conventional medicine hasn't resolved? Hormonal imbalances affecting your energy and mood? Pain or tension that limits your daily activities? Skin concerns or premature aging signs? Low energy and immune function? Take the next step toward better health today. Schedule your appointment to experience the difference of truly personalized, integrative care. Schedule Your Consultation Call Us Now Services We Provide Comprehensive

Solutions for Your Health Journey View All Services Naturopathic Medicine. Are you struggling with chronic conditions or unexplained symptoms? Our naturopathic approach identifies and addresses the root causes of your health concerns, not just the symptoms. We specialize in hormone balancing, digestive health, and sustainable wellness plans. Resolve Your Health Concerns Traditional Chinese Medicine Experience the time-tested healing wisdom of acupuncture, herbal medicine, and bodywork. Our TCM services effectively address pain, stress, insomnia, fertility challenges, and more by restoring balance within your body's natural systems. Find Relief & Balance Anti Aging & Aesthetics Look as vibrant as you feel with our non-toxic, regenerative aesthetic treatments. From PRP therapy to Scarlet RF microneedling, we offer natural approaches to skin rejuvenation that enhance your beauty without harsh chemicals. Revitalize Your Appearance IV Nutrient Therapy Need an energy boost, immune support, or faster recovery? Our customized IV nutrient infusions deliver vitamins and minerals directly to your bloodstream for maximum absorption and immediate benefits. Boost Your Vitality Your Personalized Roadmap to Health Here's a step-by-step guide to what you can expect: Step 1: Contact us! If you know what you need, Call us or request an appointment online to book directly with your chosen provider or service. If you're unsure, Give us a call. With just a few questions about your needs, we'll help you determine the best fit–whether that's a specific provider (acupuncturist, herbalist, naturopathic doctor, or nurse practitioner) or a particular service. Step 2: Complete Your Paperwork After scheduling, we'll send you a link to complete your intake paperwork, including a detailed health history form. This information helps us understand your unique needs and prepare for your appointment. Step 3: Your Initial Appointment Come prepared: Focus exclusively on your primary concern so we can provide targeted support. During the visit, your provider will: Assess your condition in detail. Provide education about your concerns and treatment options. Develop a personalized plan to address your goals and outline the path forward. Step 4: Follow-Up Appointments Your provider will recommend follow-up visits based on your concerns and treatment plan. Acupuncturist: Weekly or biweekly for sustained results Herbalist: Periodic reviews to adjust herbal formulations as needed Naturopathic Doctor or Nurse Practitioner: Regular check-ins for ongoing support and adjustments Follow-ups are designed to refine and sustain your progress over time! Begin Your Health Journey about us. It's a family affair with flare. Soleil was founded in 2020 by Dr. Lyndsey Maher, a Connecticut-licensed naturopathic doctor. Lyndsey co-directs the clinic with her cousin, nurse practitioner Christina Lakomski. Born during the pandemic, Soleil represents their shared vision for truly personalized, root-cause-focused healthcare. Dr. Lyndsey brings her global experiences—from Spain to Ecuador—and specialized training in hormone health and fertility to every patient interaction. Meanwhile, Christina combines her engineering background with functional medicine expertise to create analytical yet deeply compassionate treatment plans. Together, they've assembled a remarkable team of acupuncturists, naturopathic doctors, and wellness specialists who each contribute unique skills to our integrative approach. What unites them all is a genuine commitment to seeing you as a whole person, not just a collection of symptoms."

h) from soleilholistic.com/about-us/dr-lyndsey-maher:

“Dr. Lyndsey Maher, ND, MSAc Founder, Co-Director, Naturopathic Doctor, Master’s of Acupuncture at Soleil Holistic. Dr. Lyndsey's Journey. Dr Lyndsey Maher is the visionary Founder and Co-Director of Soleil Holistic, where she serves as a Naturopathic Doctor with a specialty in acupuncture (or Master’s of Acupuncture). Licensed since 2020, the same year she founded the company, Dr Lyndsey holds certifications in Weight Management, Facial Acupuncture, RF Microneedling, Clean Needle Technique, and AquafirmeXS, and she has received training in Menopausal HRT. Her diverse background includes extensive customer service experience in the service industry, and she has been recognized twice as a Natural Nutmeg 10BEST Naturopathic Doctor and Acupuncturist/TCM. As a proud member of the American Academy of Anti-Aging Medicine (A4M), she combines advanced expertise in hormone optimization, minimally invasive aesthetics, and integrative health. She is currently pursuing board certification with the American Board of Oriental Reproductive Medicine (ABORM) and a fellowship with the American Board of Naturopathic Endocrinology, enhancing her comprehensive approach to hormones, fertility, and reproductive health. Professional Affiliations: American Academy of Anti-Aging Medicine (A4M) Connecticut Naturopathic Physicians Association (CNPA) EndoANP (Endocrinology Association of Naturopathic Physicians) GastroANP (Gastroenterology Association of Naturopathic Physicians) Currently pursuing board certification with the American Board of Oriental Reproductive Medicine (ABORM) Pursuing a fellowship with the American Board of Naturopathic Endocrinology Recognition: Twice recognized as a Natural Nutmeg 10BEST Naturopathic Doctor and Acupuncturist/TCM Dr. Lyndsey's Approach. At Soleil Holistic, Dr Lyndsey oversees the development of naturopathic and acupuncture services, ensuring the highest quality of care for her patients. She is deeply involved in the day-to-day operations, HR, compliance, finance, and case management. Dr Lyndsey’s approach is centered on empowering her patients with education and information, allowing them to make confident decisions about their health. She is particularly passionate about working with women who are trying to conceive, providing them with the care, knowledge, and support they need throughout their journey. Beyond the Practice. Dr Lyndsey shares her life with her significant other of 15 years, John, and their beloved dogs, Gigi and Xander, on a beautiful 13-acre former working farm. As one of seven grandchildren on her mother’s side, Dr Lyndsey is incredibly grateful for her large and supportive family. In her free time, she has discovered a newfound love for golf and is passionate about personal development, always seeking to learn and grow. Dr Lyndsey cherishes quality time with her partner and pups, whether relaxing at home or exploring the outdoors. An interesting fact about Dr Lyndsey is that she lived in Spain for 6 months after undergrad, teaching English as a Foreign Language, and even experienced a brief period of homelessness while finding permanent accommodations. During medical school, she traveled to Ecuador and stayed in a treehouse for 5 days, living with indigenous people in preparation for a life-changing ayahuasca ceremony. How to Book an Appointment With Dr. Lyndsey. Experience the transformative care and guidance that Dr. Lyndsey Maher offers at Soleil Holistic. Whether you’re seeking naturopathic medicine, acupuncture, or support on your journey to conceive, Dr. Lyndsey is dedicated to empowering you

with the knowledge and care you deserve. Click here to book an appointment or consultation with Dr. Lyndsey today."

i) from soleilholistic.com/blog/personalized-naturopathic-detox-protocols:

"Personalized Naturopathic Detox Protocols: Beyond Juice Cleanses. Naturopathic Medicine, Functional Medicine. Most juice cleanses fail to meet what your body actually needs. Many popular detox programs do not support the liver's Phase II detoxification, which is the step that helps your body make toxins water-soluble so you can safely eliminate them. These programs often lack the amino acids, sulfur compounds, B vitamins, and minerals that power those pathways. At the same time, juice cleanses can overload you with sugar. The average adult in the United States consumes approximately 17 teaspoons of added sugar per day, and excessive fructose intake is associated with increased liver fat and oxidative stress. Personalized naturopathic detox protocols take a more innovative and more supportive approach. They start with your unique needs, then add the right building blocks, such as glycine, cysteine, B vitamins, magnesium, fiber, and sulforaphane from cruciferous vegetables. This matters because we live in a world of widespread chemical exposure. There are more than 80,000 registered chemicals in the environment, and biomonitoring studies find dozens of them in the average person. Personalized naturopathic detox protocols focus on real food, adequate protein, targeted nutrients, and gentle lifestyle support, so you feel clearer and more energized, rather than depleted. personalized naturopathic detox protocols Key Takeaways Effective detoxification requires a balanced diet, including protein, healthy fats, and essential nutrients like glutathione, rather than restrictive juice-only protocols. Personalized detox plans assess individual physiology, medical history, and metabolic capacity through comprehensive functional medicine testing. Supporting the liver's Phase I and Phase II detoxification pathways with specific nutrients helps prevent the accumulation of harmful toxins and oxidative stress. Sustainable detoxification integrates stress management, quality sleep, regular exercise, and targeted herbal formulations to promote long-term vitality. A comprehensive approach includes IV nutrient therapy, acupuncture, and customized supplementation to support the body's natural detoxification systems. Why Juice Cleanses Fall Short of True Detoxification. According to research on very low-calorie dieting published in the American Journal of Clinical Nutrition, short-term, severe calorie restriction can reduce the resting metabolic rate by approximately 5 to 15%. This slowdown means your body has less available energy for routine maintenance and recovery, which can leave you feeling sluggish and undercut the goal of feeling lighter and clearer during a cleanse. According to the Centers for Disease Control and Prevention, approximately 75% of Americans fail to meet the recommended daily intake of fruits and vegetables. When a cleanse relies mainly on liquids, it can further reduce the variety of plant fibers and polyphenols that feed a diverse gut microbiome. A less diverse microbiome is associated with bloating and irregularity, as supported by findings in journals such as Cell and Nature Medicine, which link dietary diversity to microbial diversity and metabolic health. The Science Behind Liver Function and Phase I & II Detoxification. Your liver clears toxins in two main steps. In Phase I, liver enzymes change fat-soluble toxins into intermediate forms. In

Phase II, your body attaches helpers like glutathione and certain amino acids to those intermediates so you can safely eliminate them. Both steps require basic nutrients, including B vitamins, antioxidants, amino acids, and minerals. If Phase I speeds up but Phase II does not keep pace, those intermediates can build up and become more irritating than the original toxins. The goal is balance. Personalized naturopathic detox protocols focus on supporting both phases simultaneously with the right nutrients and good digestion, ensuring that nothing gets stuck in the middle. By using personalized naturopathic detox protocols, you help your liver work smoothly and reduce unnecessary stress on your system. Comprehensive Health Assessment: The Foundation of Effective Detox. Before initiating any personalized naturopathic detox protocols, functional medicine practitioners must establish a thorough baseline assessment that reveals your unique physiological patterns, environmental exposures, and metabolic capacity. This Holistic Assessment examines your medical history, current symptoms, lifestyle factors, and stress levels to identify potential obstacles to successful detoxification. Individual Variability means your liver detox program expedition won't mirror others' experiences. Some people metabolize toxins efficiently, while others require gentle, phased approaches to prevent overwhelming detox symptoms, such as fatigue, headaches, or digestive upset. A comprehensive evaluation includes functional medicine testing, such as organic acid, liver enzyme, and nutrient panels, providing objective data about your body's current detoxification capacity. This evidence-based approach ensures patient empowerment through informed decision-making and creates realistic expectations for your Health Optimization expedition, establishing safety protocols explicitly tailored to your biochemical needs. Targeted Nutritional Therapy for Optimal Detox Support Consider meals that feel balanced and satisfying, featuring vibrant vegetables, high-quality protein, and a hint of healthy fat to maintain steady energy levels. Regular mealtimes make a difference because your body likes rhythm, which helps digestion and absorption work more effectively. Sipping filtered water throughout the day and adding a little electrolyte support or a gentle herbal tea when needed can help keep everything moving smoothly without feeling forced. Your gut and liver work together, so it's beneficial to nourish both your microbiome and your detox pathways simultaneously. Personalized naturopathic detox protocols take these simple habits and tailor them to your specific needs, allowing you to feel clearer and more energized without resorting to extreme measures. When you follow personalized naturopathic detox protocols, you support your body steadily and sustainably, which fits into real life. Herbal Medicine: Ancient Wisdom Meets Modern Detox Science When traditional herbal wisdom combines with contemporary research, you'll reveal powerful plant medicines that enhance your body's natural detoxification processes through targeted biochemical pathways. Herbal formulations bridge centuries of traditional practices with modern applications, offering scientifically validated support for liver function and cellular regeneration. Detox herbs work synergistically to address your unique toxic burden while supporting overall well-being. Unlike generic approaches, personalized herbal protocols consider your constitutional patterns, stress levels, and specific health goals. Milk thistle (silymarin) protects liver cells while promoting regeneration through antioxidant mechanisms. Dandelion root stimulates bile production and supports kidney function for enhanced toxin elimination. Bupleurum

balances liver qi and reduces stress-related toxin accumulation in TCM tradition. Schisandra berry adapts to your body’s needs, supporting both phases of detoxification. These healing properties create sustainable detox support tailored specifically for you. Acupuncture and Traditional Chinese Medicine for Enhanced Qi Flow personalized naturopathic detox protocols Acupuncture and Traditional Chinese Medicine focus on promoting the smooth flow of energy, or qi. When qi is stuck, digestion can slow down, and your body’s natural clearing processes don’t work as well. Gentle needle placement at specific points helps rebalance qi, which often leads to calmer digestion, more regular elimination, and steady energy. Lower stress is also a significant factor since regular treatments can help reduce cortisol levels, which can otherwise interfere with a healthy detox. This approach complements modern nutrition and lifestyle practices well. Personalized naturopathic detox protocols can include acupuncture to support relaxation, gut comfort, and overall balance. By combining acupuncture with personalized naturopathic detox protocols, you receive a tailored plan that supports your unique needs, rather than a one-size-fits-all routine, allowing your body to cleanse safely and steadily. IV Nutrient Therapy: Direct Cellular Support and Regeneration. Unlike oral supplements with variable Nutrient Absorption rates, IV therapy provides immediate bioavailability for optimal wellness optimization. Your cells receive consistent, measurable doses of detoxifying compounds that support liver function and cellular repair processes. Glutathione infusions replenish your body’s primary antioxidant, enhancing liver detoxification. B-complex vitamins fuel energy production and support Phase I liver metabolism Vitamin C and selenium protect cells from oxidative stress during detox processes. Customized mineral blends restore electrolyte balance and support enzymatic functions. This targeted Detoxification Support creates lasting vitality, surpassing the temporary results of a cleanse. Long-Term Vitality Through Personalized Naturopathic Detox Protocols Your path toward ideal health includes: Ongoing assessment of liver function, hormonal balance, and nutrient status through functional testing Customized herbal formulas that support your specific detoxification pathways and constitutional needs Integrated therapies combining acupuncture, IV nutrients, and targeted supplementation for thorough support Lifestyle modifications tailored to your schedule, stress levels, and environmental factors This thorough approach transforms detoxification from temporary restriction into sustainable wellness practices that enhance your long-term energy and resilience. Conclusion: Your Roadmap With Personalized Naturopathic Detox Protocols Proper detox is about supporting your body’s built-in systems with steady habits that match your unique needs. Personalized naturopathic detox protocols make this practical by tailoring food, lifestyle, and therapeutic care to your biology. When you use personalized naturopathic detox protocols, you reduce overwhelm, prevent bottlenecks, and create lasting energy and clarity. If you’re ready for a plan that feels doable and actually works, we’d love to help you map it out. Schedule your personalized consultation with us to begin a gentle, well-supported program tailored to your life, enabling you to feel your best.”

j) from soleilholistic.com/blog/rife-therapy-for-lyme-disease:

“Can a Rife Machine Help with Lyme Disease? Rife therapy for Lyme disease: Can it help? Clinical Evidence Understanding Rife Therapy for Lyme Disease and Its Potential Benefits Rife therapy for Lyme disease involves using a Rife machine, an experimental electrotherapy device that emits low-energy electromagnetic waves at specific frequencies. These frequencies are believed to correspond to bacteria, viruses, and other microbes, with the goal of destroying harmful organisms without damaging healthy cells. The concept behind Rife therapy for Lyme disease is similar to an opera singer shattering a glass by singing a precise note. Each microbe has a unique frequency, and exposure to that frequency is thought to eliminate the microbe. Although modern scientific research has not validated these claims conclusively, many chronic Lyme disease patients report symptom improvement after using Rife therapy. The Rife machine is named after Royal Raymond Rife, an American scientist who invented the device and developed a “universal microscope” that allowed visualization of microbes previously unseen. Rife’s observations led him to discover that microbes could be targeted by specific electromagnetic frequencies, inspiring the creation of the Rife machine. Historically, it was even used in attempts to put terminal cancer patients into remission. The Challenge of Lyme Disease and Why Rife Therapy is Considered Borrelia bacteria and other co-infections, such as Bartonella, Ehrlichia, Anaplasma, and Babesia, complicate chronic Lyme disease. These microbes disrupt the body’s microbial balance, causing dysbiosis and contributing to persistent symptoms. Additionally, toxin buildup from environmental exposures, medications, and lifestyle factors worsens the condition. Standard Lyme treatment often involves prolonged antibiotic use, which can damage healthy cells and increase toxicity. This has led many patients to seek alternative or complementary therapies like Rife therapy for Lyme disease, which aims to target microbes non-invasively. How rife therapy for lyme disease Works and What to Expect Rife therapy for Lyme disease uses electromagnetic waves programmed to frequencies believed to target specific microbes. Many patients report improvements in energy, digestion, pain, and mood after treatment. However, killing microbes can temporarily increase toxicity, leading to a Herxheimer reaction—a detoxification response that may cause flu-like symptoms. A skilled practitioner can adjust frequencies to support detoxification and lymphatic function, helping the body clear toxins more effectively. This dual action—targeting microbes and aiding detox—makes Rife therapy for Lyme disease appealing to many seeking holistic care. Important Considerations and Next Steps If you’re considering Rife therapy for Lyme disease, it’s essential to consult with a knowledgeable practitioner who can guide your treatment safely. While anecdotal evidence is promising, rife therapy should complement, not replace, conventional medical care. Exploring the Role of Electromagnetic Frequencies in Microbial Management The idea of using electromagnetic frequencies to influence microbial populations is rooted in the concept that every organism vibrates at a specific frequency. By targeting these frequencies, it is theorized that harmful microbes can be selectively disrupted or destroyed without affecting healthy cells. This approach offers a non-invasive alternative to traditional antimicrobial treatments, which often come with significant side effects or risks of resistance. In chronic infections like Lyme disease, where multiple pathogens and co-infections are involved, addressing the microbial imbalance is crucial. Conventional treatments such as antibiotics can

be effective but may not always fully eradicate the infection or may lead to adverse effects that complicate recovery. Electromagnetic frequency therapy aims to complement these treatments by offering a different mechanism of action that may help reduce microbial load and support the immune system. Detoxification and Symptom Management One of the challenges in treating chronic Lyme disease is managing the symptoms that arise not only from the infection itself but also from the body’s response to dying microbes. The Herxheimer reaction, a temporary worsening of symptoms due to toxin release, can be distressing and discouraging for patients. Frequency-based therapies often incorporate protocols to support detoxification pathways, such as enhancing lymphatic drainage and promoting liver function, to help the body clear these toxins more efficiently. Patients using these therapies sometimes report improvements in energy levels, cognitive clarity, and pain reduction. While individual experiences vary, the holistic nature of this approach addresses both microbial presence and the systemic effects of chronic illness, potentially improving quality of life. Integrating Frequency Therapy into a Comprehensive Treatment Plan For those considering this type of therapy, viewing it as part of a broader, integrative treatment strategy is essential. Combining frequency therapy with conventional medical care, nutritional support, lifestyle modifications, and stress management can create a synergistic effect that enhances overall healing. Dietary adjustments that reduce inflammation and support gut health, such as increasing intake of antioxidants and probiotics, can complement the benefits of frequency therapy. Regular physical activity, adequate hydration, and sufficient rest are critical to recovery. The Importance of Professional Guidance Because applying electromagnetic frequency therapy requires precise calibration and understanding of individual health status, working with a trained practitioner is essential. They can tailor treatment protocols to your needs, monitor progress, and adjust frequencies to maximize benefits while minimizing potential side effects. Ongoing communication with your healthcare team ensures that all aspects of your health are addressed and that any new or worsening symptoms are promptly evaluated.”

063. ND Guida Pages at avalonhealingcenter.net

a) from avalonhealingcenter.net/services:

“Services. Our office offers a wide range of treatment options to help you on your path of wellness. Some of these options are listed below. Initial visit: Our initial visit is very thorough and covers current medical history, previous medical history, and we discuss your primary reasons for the visit. Please bring any lab results, imaging reports, and current supplements or medications you may be taking. The initial visit is generally about an hour to an hour and fifteen minutes in length. Follow-up visits: During the follow-up visits we discuss how the treatment plan is working, review labwork, and make any necessary changes to the treatment plan. Follow-up visits are generally 30min in length. Laboratory testing: Traditional lab testing is often ordered through Quest and Clinical Lab Partners. Dr. Guida also offers specialty testing for Food Allergies, Neurotransmitters, Endocrine disorders, and Heavy Metals. Naturopathic Medicine. Naturopathic Medicine encompasses a wide variety of healing modalities that are designed to stimulate the body's natural ability to

heal itself. Naturopathic Medicine looks at the Whole Person, not just one set of symptoms. Acupuncture, Acupuncture is an ancient form of healing that has been in existence for over 6,000 years. It is the practice of inserting fine thin needles into specific points along the meridians, or energy pathways, of the body. When the the flow of this energy, or Qi, is blocked, illness and pain result. Acupuncture works to remove the blockage and balance the energy to restore health and well-being. Homeopathy. Homeopathic Medicine is based upon the principle of like cures like. Homeopathic Remedies are derived from natural substances. These remedies are prepared in a diluted fashion so there is nothing left of the original substance. Homeopathic remedies work on an energetic basis. They are very safe, can be used in conjunction with other medications, and are great for children. Botanical medicine. Botanical Medicine is the use of herbal remedies found in nature, to treat variety of illnesses. Plants are harvested and processed to create herbal extracts, tinctures, and dry herbs. Many pharmaceutical agents are initially derived from herbal substances. One specific constituent of the herb is then synthesized in a lab to make the pharmaceutical. Botanical medicine uses the whole plant from nature which helps to prevent side effects from occurring. Counseling. Healthy relationships and lifestyle habits are integral aspects of health and well-being. During counseling sessions we work to establish a healthy pattern of living for each individual person. We look at an individual's diet, exercise habits, and emotional responses to stress in order to create positive lifelong habits to achieve optimal wellness. Bach Flower Essences. Bach Flower Essences are natural remedies made from flowers. These remedies work to establish a balance with the mental and emotional aspects of health. As with any illness, the mind and the emotions are always influenced. Maintaining a positive, balanced outlook helps the healing journey to proceed. Diet and Nutrition. Nutrition is the foundation on which optimal health is achieved. Carefully tailoring a diet rich in nutrients is essential to achieving optimal health. Food is the main source of nutrients for our bodies. Illness can deplete the body of essential nutrients making it more difficult to heal. The use of vitamins and minerals, in combination with the proper. Allergy Testing and Elimination. Our immune systems are constantly being challenged by the viruses and bacteria we encounter, by the air we breathe, and even the food we eat. Identifying and eliminating the food and environmental allergens that are making us ill will tremendously help heal our bodies and minds. For more information about eliminating allergies using The Allergy Kit please visit the following link: http://www.1shoppingcart.com/app/?af=1529649 Energy Healing. Our bodies and minds have an amazing capacity to heal when given the right tools. Energy Healing through modalities such as Acupuncture, Reiki, Affirmations, and Meditation can significantly lower stress and allow the mind and body to work together to achieve optimal health and well-being. For more information on Meditation programs at home please check out the following link: http://www.brainsync.com/atozlist#oid=1569_1 Essential Oils Essential Oils are another source of healing modalities that combine the therapeutic principles of herbs with the aromatic benefits of the herbs. Essential oils are created through a low pressure steam distillation process. Essential oils can be used topically, taken internally, and used aromatically in a Diffuser. For more information about Essential Oils and where to purchase good quality oils, please check out the following link:

www.youngliving.com/vo/#/signup/start?sponsorid=3554553&enrollerid=3554553&isocountrycode=US&isolanguagecode=en&type=member Dr. Lynnette Guida is a participating provider for: Anthem Blue Cross and Blue Shield Connecticare CIGNA Aetna HUSKY for our little patients Coming Soon: United Healthcare Please contact us for more.”

b) from avalonhealingcenter.net/home:

“Welcome. NATURAL SOLUTIONS FOR CHRONIC AND ACUTE ILLNESSES. ~Are you tired, stressed, frustrated with not feeling your best every day? ~Are you in pain, had a recent injury, or just can't seem to heal from a previous injury? ~Trouble sleeping at night, but can't stay awake during the day? ~Are you suffering from allergies, asthma, headaches, heartburn, PMS, hot flashes? ~Have you just found out that you have high cholesterol, high blood pressure, a sluggish thyroid, diabetes? ~Is your child constantly sick, has chronic ear infections, suffers from eczema or psoriasis, or just been diagnosed with ADD/ADHD? ~Are looking for an alternative way to keep yourself healthy? ~Are you struggling with anxiety, depression, panic attacks? ~Are your current relationships with loved ones, friends, co-workers causing you significant stress? ~Are you ready to change your life and create the life that you love living? ~If you answered YES to any of these questions, then give us a call so that together we can create your plan for achieving Optimal Wellness.” "Dr. Guida, a naturopathic physician and licensed acupuncturist, combines the use of botanicals, acupuncture, oriental medicine, nutrition, flower essences, homeopathy, physical medicine and lifestyle counseling to create natural treatment options for the whole family." For more info or to schedule an appointment please call Dr. Guida at 860-347-8800.”

c) from avalonhealingcenter.net/our_doctors:

“DR. LYNNETTE M. GUIDA. Dr. Lynnette M. Guida, is a Naturopathic Physician and a Licensed Acupuncturist. Dr. Guida received her Naturopathic Medical degree from the University of Bridgeport College of Naturopathic Medicine. She continued on with her studies to receive her Masters of Science in Acupuncture from the Acupuncture Institute at the University of Bridgeport. Dr. Guida is a member of the American Association of Naturopathic Physicians and the Connecticut Naturopathic Physicians Association. Dr. Guida specializes in Family Medicine as well as Traditional Oriental Medicine. Her wide range of therapeutics includes the use of botanicals, nutritional supplements, homeopathy, Bach flower essences, counseling, patent remedies, nutrition, and acupuncture. Dr. Guida believes in the healing power of nature and that the human body has an amazing capacity to heal itself if given the proper nourishment and building blocks. "When I meet with my patients I take into account the whole picture of their health; physical, mental, emotional, and spiritual. Each aspect of our lives plays a vital role in the maintenance of optimal health. My role is to teach my patients how to rebuild their health and find balance and harmony in all aspects of their lives. Ultimately achieving long term health and well-being."”

d) from avalonhealingcenter.net/naturopathic_medicine:

“About Naturopathy. Naturopathic Medicine is a unique system of medicine which bases its principles and practices upon the laws of nature. Naturopathic Physicians are trained to look at the whole person when diagnosing and treating the patient. Illnesses are looked at as an imbalance within the energy and mechanics of the human body. Finding the root cause of the imbalance and treating the root cause will re-establish optimal health. The Physical, Emotional, Mental, and Spiritual aspects of a person's life all play a unique role in health and illness. In order to achieve optimal health, and eliminate illness, it is necessary to balance all of these aspects. Naturopathic Physicians teach patients how to achieve this by formulating individual treatment plans designed for each person's lifestyle and health goals. More natural forms of medicines are used to design these treatment plans. These natural forms of medicines include, but are not limited to; botanicals, homeopathy, nutritional supplements, physical medicines such as acupuncture and naturopathic manipulation, dietary changes, Bach Flower Essences, and lifestyle counseling. Naturopathic Physicians undergo rigorous training in accredited four year post graduate naturopathic medical programs. As physicians, they are trained to evaluate and diagnose illnesses as do conventional medical doctors. They implore the use of lab testing, physical exams, and imaging studies in terms of degerming a diagnosis. Naturopathic Physicians treat acute and chronic illnesses and will refer patients to a specialist or emergency care facility if the need arises. It is important for individuals to be informed about their own health and well-being, and take an active role in obtaining optimal health. More people are realizing that there are other medical options available other than pharmaceuticals or surgery. Natural medicines, even though they are natural, are still medicines and need to be prescribed by a physician trained in their use in order to ensure safety. Naturopathic Physicians are specially trained to evaluate illnesses from a natural perspective and treat accordingly, while respecting and integrating the role of the conventional medical model.”

e) from avalonhealingcenter.net/acupuncture:

“About Acupuncture. Acupuncture is an ancient form of healing used by Oriental Medical Practitioners. It has been in existence for over 6,000 years. Acupuncture involves the process of inserting fine thin needles into the skin. These needles are used to stimulate specific points found along the "Meridians" of the body. Meridians are pathways through which the "Qi" (chee) circulates throughout the human body. Qi is the energy, or essence, that maintains health and prevents illness. When the flow of Qi through the meridians becomes diminished, blocked, or is in excess, the patient begins to experience illness or pain. Acupuncture works to remove these blocks and allow energy to flow freely through the meridians. Once the proper flow of energy is established, pain is eliminated and health is restored. Acupuncture balances the Qi and harmonizes all the internal organs and structures. This energy works in combination with circulatory, nervous, digestive, endocrine, and other body systems, to increase the health of each individual, while preventing the formation of other disorders. Acupuncture is commonly used to treat illnesses such as Low Back Pain, Headaches, Neck and Shoulder Pain, Knee Pain, Carpal Tunnel Syndrome, Sciatica, Stress, Depression, Insomnia, Heartburn, Indigestion, Fatigue,

and all types of Hormone issues including Menstrual Pain, PMS, and Menopause. Acupuncture is an excellent therapy which alleviates pain while relaxing the mind and body. Patients often sleep better, feel less stressed, and have more energy after an acupuncture treatment. Acupuncture is also a great adjunct to physical therapy treatments and chiropractic procedures. To experience the amazing benefits of acupuncture, please call our office at 860-347-8800."

f) from avalonhealingcenter.net/assets/docs/New_Patient_Forms.23094225.pdf:

"[…] Avalon Healing Center, LLC. Dr. Lynnette M. Guida 15 Aspen Drive Cheshire, Ct 06410. THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESSTO THIS INFORMATION. PLEASEREAD AND REVIEW CAREFULLY. Federal law requires us to maintain the privacy of your health information. The Health Insurance Portability and Accountability Act of 1996 ("HIPAA'') is a federal program that requires that all medical records and other individually identifiable health information used or disclosed by us in any form, whether electronically, on paper or orally, are kept confidential. HIPM gives you, the patient, new rights to understand and control how your health information is used. That law also requires us to give you this explanation of how we maintain the privacy of your health information. We reserve the right to change our policy practices, provided the changes conform to applicable laws. Before we make a significant change in our privacy practices, we will change this notice and make the new notice available upon request. We may use and disclose your medical records only for each of the following purposes: treatment, payment, health care operations, health care reminders and for public benefit. Any other disclosure will require your written authorization. • Treatment means providing or managing health care and related services by one or more health providers. • Payment means such activities as obtaining reimbursement of services, billing or collection activities and utilization review. • Health care operations include the business aspects of running the clinic, quality assessment, evaluating practitioner, provider performance, training programs, accreditation, certification or credentialling activities. • Reminders means providing you with appointment reminders or to inform you of changes in the clinic services or hours by such means as postcards, voicemail messages or letters. • Public benefit means the disclosure of information for the following types of reasons: for public health activities including disease and vital statistic reporting; to report abuse, neglect or domestic violence; to health oversight agencies; to law enforcement officers pursuant to subpoenas and other lawful processing; medical examiners and coroners; to avert a serious threat to health or safety; in connection with certain research activities; and as authorized by state and federal laws. We may also create and distribute de-identified health information by removing all references to individually identifiable information. With Your Authorization: Any other uses and disclosures will be made only with your written authorization. You must give such authorization in writing to disclose it for any purpose, including but not limited to having a copy sent to another physicians or receiving a copy for your own personal use. You may revoke such authorization in writing and we are required to honor that written request except to the extent that we have already taken actions relying on your

authorization. You have the following rights with respect to your protected health information, which you can exercise by presenting a written request to the Chief Medical Officer. Please See Reverse Side for Signatures Avalon Healing Center, LLC Dr. Lynnette M. Guida 15 Aspen Drive Cheshire, Ct 06410 • The right to request restrictions on certain uses and disclosures of protected health information, including those related disclosures to family members, relatives, close personal friends or any other person identified by you. We are, however, not required to agree to a requested restriction, we must abide by it unless you agree in writing to remove it. • The right to reasonable requests to receive confidential communications of protected health information from us by alternative means or at alternative locations. • The right to inspect and copy your protected health information. You must make a request in writing to obtain access to your health information. If you request copies, we will charge you a reasonable cost-based fee that may include, labor, copying cost and postage. If you prefer, we may (but are not required to) prepare a summary or explanation of your health information for a fee. • The right to amend your protected health information. Your request must be in writing and must include an explanation why we should amend your records. We may deny your request under certain circumstances. • The right to receive an accounting of disclosures of your protected health information. We are required by law to maintain the privacy of your protected health information and to provide you with notice of our legal duties and privacy practices with respect to protected health information. You have recourse if you feel your privacy protections have been violated. If you want more information about our privacy practices or have questions or concerns, please contact us by phone 860-347-8800, fax 860-347-8801 or by the mail 670 Newfield Street Unit C, Middletown, Ct 06457. You may also submit a written complaint to the US Department of Health and Human Services, Office of Civil Rights about violations of provisions of this notice or the policies and procedures of our clinic. We will not retaliate against you for filing a complaint. I have read and understand the above-stated information. Patient's Name Legal Guardian's Name (if under 16 y.o.) Patient (or Guardian) Signature Relationship to Patient Date For more information about HIPPA or to file a complaint: The US Department of Health and Human Services Office of Civil Rights 200 Independence Ave. SW Washington, DC 20201 Phone: 202-619-0257 Toll Free: 877-696-6775 Please See Reverse Side for Signatures Avalon Healing Center, LLC Dr. Lynnette M. Guida 15 Aspen Drive Cheshire, Ct 06410 (860) 347 – 8800 Patient Consent Form, have been informed of my treatment options by Dr. Lynnette M. Guida. Dr. Guida will explain each procedure and all possible outcomes of the procedure as well as any alternative choices for the treatment. At this time I may accept or reject the treatment. I understand that during treatment, and while under the care of Dr. Guida, it is necessary to reveal all pertinent information regarding my health including current medications, botanicals, or supplements. It is also necessary to report any adverse reactions to any treatments under her instruction. Failure to reveal all information may result in personal harm to which Dr. Lynnette Guida has no liability. The following are adverse reactions that occasionally occur during acupuncture treatments, Naturopathic care, or other Traditional Oriental treatments: A) Acupuncture- may cause infrequent bleeding or bruising B) Moxibustion- the burning of mugwort on or near the skin or acupuncture needles,

may occasionally cause burning and blistering of the skin (first or second degree bum) C) Cupping and Gua Sha- often causes bruising D) Electrical Stimulation- interferes with pacemakers, and other implanted devices. The patient needs to inform the practitioner if they have any of these. E) Bleeding- may cause local bruising or swelling of the area. F) Botanicals and Nutritional Supplements - May cause minor stomach complaints such as nausea if taken on an empty stomach. Individual herbs and supplements may have different side effects if taken improperly or in too large a quantity. The directions on how to take the herb and/or supplement, and the possible adverse effects will be reviewed during the office visit. G) Homeopathy and Bach Flower Essences - May cause a slight aggravation of symptoms for a short period of time. I, , agree to all of the above information, Signature of Patient or Guardian: Date __ 1__ 1__ Signature of Physician: ---------- Date / /."

064. NDs Joffe, Noori, Lewis Pages at shalvaclinic.org

a) from shalvaclinic.org/maegan-joffe-nd:

"Maegan Joffe, ND. Naturopathic Physician Dr. Joffe is a licensed Naturopathic Physician in Connecticut, who graduated from the University of Bridgeport College of Naturopathic Medicine with honors in 2020. She was inspired to pursue her doctorate in Naturopathic Medicine while working as a mental health specialist for Riverview Medical Center in New Jersey. During her 7-year career, she was recognized for her unique emphasis on investigating the biochemical underpinnings of emotional imbalances, natural solutions, and passion for patient empowerment. She holds certifications in Illness Management and Recovery (IMR) and Motivational Interviewing (MI) from UMDNJ and has completed the Food as Medicine Professional Training Program by The Center for Mind-Body Medicine, on scholarship. Prior to her career in behavioral health, Dr. Joffe graduated Magna Cum Laude with a bachelor's degree in Psychology from Rowan University. During her undergraduate coursework, she was a member of Golden Key and Psi Chi National Honors Societies. She spent not one, but two semesters abroad, in Malaga, Spain and San Jose, Costa Rica, leading to a concentration in International Studies and Minor in the Spanish Language. Dr. Joffe spent her summers tutoring high school and college students and volunteering at the YMCA as a soccer coach for children in underserved communities. Her combined professional experience and medical training has allowed Dr. Joffe to hone her therapeutic technique and has prepared her to address the often overlooked contributors to emotional and cognitive imbalances. With proficiencies in pattern recognition, complex problem-solving, and attention to detail, Dr. Joffe is driven to zero in on the true cause of each individual's symptom expression. As an N.D., she is trained to treat a variety of acute and chronic illnesses, but she is especially proficient in psychoneuroimmunology. Her approach is transparent and collaborative. She believes that you are the authority of your health and is excited to walk with you on your healing journey, wherever you may be in that process. When she is not seeing patients, Dr. Joffe can be found learning to golf, experimenting with healthy, new recipes, reading non-fiction, paddle-boarding, or hiking with her Labrador Retriever and German Shepard. Specialties: – Mood & Cognition: Anxiety, Depression, PTSD/Trauma, Bipolar

Disorder, Anger, Adult ADHD/ADD, Memory Dysfunction, Optimizing Cognitive Performance – Immune: Lyme & Tick-Borne Illness, Mold/Mycotoxins, Chronic Infections, Hives/Rashes, Allergies – Women's Health: PMS/PMDD, Fertility Challenges, Postpartum Support, Endometriosis, Pelvic Pain, Interstitial Cystitis – General: Migraines, Fatigue, Insomnia, Digestive Issues, Detoxification, Weight Management, Chronic Pain, Acne, Anti-Aging."

b) from shalvaclinic.org/ellen-m-lewis-nd:

"Ellen M. Lewis, ND. Medical Director. Naturopathic Physician. Dr. Ellen Lewis is a licensed naturopathic physician in the state of Connecticut and medical director at Shalva Clinic. She returned to her home state of Connecticut following the completion of a highly competitive residency at National University Natural Medicine (Formerly NCNM) in Portland, Oregon. Dr. Lewis graduated from NUNM in 2011 with a doctorate in naturopathic medicine and a certificate in midwifery. During her time at NUNM, Dr. Lewis completed a two-year mentorship in integrative women's health under the direction of Kimberly Windstar–Hamlin, MEd, ND. Additionally, she completed a one-year apprenticeship in midwifery and pediatrics with Jennifer Gibbons, ND. She then went on to study biotherapeutic drainage with Dickson Thom, DDS, ND and Holistic Pelvic Care with Tami Kent, MSPT. Recently, she advanced her understanding of homeopathy through her studies at the New England School of Homeopathy in Boston, Massachusetts. A Passion for Women's Health. Dr. Lewis has dedicated years to women's health issues. As a married mother of two young daughters, she lives the challenges of daily life that many women experience and has successful strategies to optimize energy and health. In addition to her medical training, she has a certificate in midwifery and has completed a two-year mentorship in integrative women's health, and a one-year apprenticeship in midwifery and pediatrics. An expert in Escharotic Therapy and cervical dysplasia, she provides warm and personal support to her patients undergoing treatment through diet, vitamin therapy and healthy lifestyle changes. She has successfully treated thousands of women all over the world. She has served as faculty at the local university training 3rd and 4th year medical interns and residents in escharotic therapy. She is sought out for her expertise in the procedure providing second opinion consults, and training for other medical providers worldwide. In addition to her expertise in cervical dysplasia and HPV, she is extremely knowledgeable in chronic vaginal and urinary tract infections, providing cutting-edge testing and treatment that goes beyond standard care. Care for Infants to Seniors. Dr. Lewis is knowledgeable in both conventional and natural modalities and utilizes a variety of diagnostic tests and treatments in her general family practice such as clinical nutrition, botanical medicine, vitamin, and mineral therapy, biotherapeutic drainage, homeopathy, physical medicine, hydrotherapy, and lifestyle counseling. Dr. Lewis treats all ages from infants to seniors. While she treats a variety of conditions from the common cold to chronic disease, she has specific interests in women's health, pediatrics, autoimmune disease, thyroid disorders, and sports performance. Athletes Welcome! Dr. Lewis received her baccalaureate degree in athletic training from Boston University in 2003. Her areas of focus were injury prevention and rehabilitation in collegiate athletes. While at

Boston University, Dr. Lewis had the opportunity to work with the men's ice hockey, women's soccer, lacrosse, and field hockey teams. Wishing to expand the population she was helping, Dr. Lewis then went on to work as a personal trainer and eventually became the manager of a personal training program in Cambridge, Massachusetts, and educator for new personal trainers throughout New England. Specialties: –Women's Health: Abnormal Paps, Chronic Vaginal Infections (Yeast/BV), Interstitial Cystitis, Lichen Sclerosis, Menopause, PMS, Endometriosis, Pelvic Pain, PCOS, Fertility, Postpartum Support, and more! –Thyroid Disorders: Hypothyroid, Hyperthyroid –Pediatrics: Asthma, Allergies, Eczema, Digestive Issues, ADD/ADHD –Autoimmune Disease: Hashimoto's, Psoriasis, Multiple Sclerosis, Celiac, Crohn's –General: IBS, Fatigue, High Blood Pressure, High Cholesterol, Fatigue, Insomnia –Men's Health: Prostatitis, Prostate Disorders, Erectile Dysfunction, Fertility."

c) from shalvaclinic.org/nadia-noori:

"Nadia Noori, ND. Naturopathic Physician. Dr. Nadia Noori is a licensed naturopathic physician in the State of Connecticut. As a native of Queens, New York, Dr. Noori has a global vision with an affinity for human interaction to better understand the human condition. Dr. Noori attended the City University of New York, Hunter College where she received her Bachelors in Psychology & Pre-med. In 2016, Dr. Noori received her Doctorate in Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine (UBCNM). During her time at UBCNM, Dr. Noori was awarded a scholarship to study acute and chronic homeopathic prescribing with Dr. André Saine, an internationally renowned physician and homeopath in Montreal, Canada. Dr. Noori was also given the opportunity to complete a preceptorship and later an externship at Shalva Clinic under the tutelage of Dr. Ellen Lewis Prior to medical school, Dr. Noori worked at Young Adults Institute (YAI), a network of agencies offering children and adults with intellectual and developmental disabilities, with a comprehensive range of services. She served at a residential facility, which was the home of fourteen incredible individuals diagnosed with a myriad of developmental and intellectual disabilities including autism, down syndrome, schizophrenia, and attention deficit disorder. It was her tenure at YAI, along with her own personal experience as caregiver to her brother with autism, which reaffirmed her belief that a more holistic approach towards health within the mental health community was necessary. Her path towards becoming a naturopathic physician has enabled her to fuse many of her passions including travel, learning, advocacy, community outreach, and wellness. During the first two years of medical school, Dr. Noori traveled to Jamaica along side Professor Dr. Eugene Zamperion to study herbal medicine. It was there her appreciation and understanding of herbal medicine was born. Similarly, during her third year of medical school, Dr. Noori joined a team of students on a medical mission to Panajachal, Guatemala. There she worked closely under the guidance of Dr. Carlos Cunningham and Dr. Vanesa Juarez where she saw patients at the Naturopathic Medicine for Global Health Clinic. Aside from a general family practice, Dr. Noori's area of specialty lies in optimizing brain health with a focus on neurodegenerative and neuropsychological conditions. Dr. Noori understands and promotes the

importance of working with patients, their families, caregivers, and health team to ensure an individualized health plan that produces results! Some modalities utilized by Dr. Noori are herbal medicine, homeopathy, hydrotherapy, physical manipulation, nutritional and lifestyle counseling, vitamin and mineral supplementation, along with both basic and specialty lab testing. With the seamless connection of the mind, body, and spirit, Dr. Noori strongly believes that the body possesses an innate ability to self heal when provided the optimum environment and care. On her downtime you can find Dr. Noori gardening in her parents garden, catching up with her rambunctious siblings, and spending time with family & friends. She also enjoys hiking, singing, and of course strolling New York City streets people watching. Specialties: –Neuropsychological Conditions: Autism, ADD/ADHD, Depression, Anxiety, and Migraines –Neurodegenerative Conditions: Parkinson's, Alzheimer's, and Dementia –General: Stress Management, Insomnia, High Blood Pressure, Diabetes, Allergies, Musculoskeletal pain, Fatigue and Health maintenance!"

d) from shalvaclinic.org/about:

"Shalva Clinic. Why Shalva Clinic? Naturopathic Doctors receive the same scientific training as M.D.s, and work side by side with traditional doctors. But there's a critical difference. We believe that everything in life is medicine: your food, the air you breathe, the way you move your body, the thoughts you think and the clinical treatments you choose when illness does arise. That's why I founded Shalva Clinic in 2012. I believed then, and even more now, that wellness is more than the absence of illness. It's possible to achieve true "wellbeing" when everything is in balance in your life and your lifestyle. Our goal is to help you regain the most energetic, vibrant "you" possible! We've helped many of our patients feel their best again with gentle, natural treatments that support the body's natural immune system. Bring Vitality Back to Your Life! In the past twenty to thirty years, patients have begun to question the separation of body systems and the focus on treating symptoms. Instead, people want to understand more about how they can establish and maintain their own health. The importance of treating all parts of the human body, physical, mental, and spiritual, has led once more to the desire for supportive therapies that treat the whole person. That's where Naturopathic medicine can integrate the best of traditional medicine with the best nature has to offer. The result is a stronger, healthier, more vital body and mind. We know that seeing doctors for pills isn't your goal—instead, it should be putting together a health team to keep you healthy and able to reach your dreams. What is Naturopathic Medicine? Naturopathic physicians were the first real functional medicine providers. Naturopathic treatments have been a trusted medical approach for more than 125 years since the term "naturopathy" was coined in the late 1800s. It goes back even farther than that, however, all the way to Hippocrates, who first spoke of the "healing power of nature." In 1902, the American School of Naturopathy was founded, followed by numerous Naturopathic Colleges, and for decades naturopathic clinicians treated patients with botanical medicine, homeopathy, nutritional therapy, manipulative therapy, hydrotherapy, acupuncture, and lifestyle adjustments. It was only after the second World War and the growth of the

pharmaceutical industry that what we view as conventional medical therapies now grew in popularity. The idea that pharmaceuticals were the base of "modern medicine" was not always how people approached health and healing. When the pharmaceutical industry took off, naturopathic medicine was still there; today it has grown into a standard part of many people's approach to healthcare. Make us a part of your healthcare team! "

e) from shalvaclinic.org:

"Shalva Clinic. Natural Health Practitioner in Westport, CT and New York, NY. Request An Appointment Today! Welcome To Shalva Clinic. Natural Health Practitioner in Westport, CT and New York, NY. In Hebrew, the word shalva means "peace" or "serenity" which is not only the atmosphere that is created at Shalva Clinic but also something patients experience when their body comes back into balance. EMPOWERING FAMILIES TO MAXIMIZE LIFE'S POTENTIAL. Shalva Clinic is a full-service naturopathic clinic offering a wide range of services. Working from a different paradigm of health from many other physicians, we understand that optimal healthcare is more than just treating symptoms. As the very first functional medicine providers, naturopathic doctors search for the root cause of illness. Our emphasis in naturopathy is not merely to fight disease once it has appeared, but to build health and keep disease, as much as possible, at bay. Supporting You in Body, Mind, and Spirit. The importance of treating all parts of the human body–physical, mental, and spiritual– has led people to search for supportive therapies that treat the whole person. Our comprehensive system of care offers individualized treatment plans to help you thrive, and gives you the keys to a long, vibrant life. Whatever your gender, stage of life, or health challenges, you'll find the right support and services at Shalva Clinic. We offer comprehensive health services for Women, Men, and Children, so it's easy to make us your family healthcare provider. Natural Health Practitioner in Westport, CT and New York, NY. "In Naturopathic medicine, we support your physical, mental, and emotional health. That's a 'whole body' approach that awakens your body's inherent wisdom and ability to heal." Dr. Ellen Lewis, Medical Director. Our Five Promises to Our Patients : 1. We will provide the highest quality health services, with the very best diagnostic procedures, treatments, and products. 2. We will create a friendly and warm atmosphere for healing. 3. We will treat our patients, customers, associates, vendors and colleagues with honesty, respect, and humility. 4. We will collaborate with other providers to provide optimal patient care. 5. We will serve as a naturopathic teaching and healing center, to keep us on the cutting edge of new technologies and understanding of illness."

f) from shalvaclinic.org/faq:

"FAQ. How long should I expect to spend in my new patient visit? Your first adult visit typically lasts an hour and a half. We'll take more time than you might be used to as we create your personalized action plan for health. By looking at your core health concerns rather than just treating symptoms, your initial visit will be a thorough review that will leave you feeling confident that nothing has been overlooked. Pediatric through adolescent appointments are usually an hour.

Specialty services may take longer–for example, a new escharotic appointment may require up to 2 hours and 15 minutes. Should I still see my other doctors? Yes! We wholeheartedly believe in a team approach. Many patients are seeking natural, gentle solutions to their health concerns, and easily blend relationships with a traditional internal medicine MD with advice and safe treatments from their Naturopathic Doctor. For some people, we are their primary care physician, and we're happy to fill that role. We also refer to other physicians in the community when necessary. We recommend that you see other members of your health care team as required, including your chiropractor, acupuncturist, therapist and any other specialists you may need. Do you take insurance and what forms of payment do you accept? We are out-of-network for insurance services. We take payment at the time of visit and then give you the documentation to submit to your insurance for possible reimbursement. All traditional forms of payment are accepted including health savings accounts (HSAs). Do you submit to insurance? We ask that you submit the documentation we provide directly to your insurance provider. Do you offer walk-in appointments? As full health care providers, we offer acute care appointments when you're ill, but we ask that you make an appointment so that we can schedule your care properly. We do assist with acute issues on a same day basis whenever possible: strep throat, UTIs, abdominal pain, etc, are examples of what we consider acute care. Do you offer same day appointments? Our established patients can receive immediate care when they're ill. For regular appointments we'll schedule you as soon as possible. Do you prescribe? Our nurse practitioner can handle all prescriptions for pediatric patients. In the state of Connecticut, naturopathic doctors do not prescribe. Our naturopathic doctors can provide all the necessary information to your primary care physician in the event we recommend a prescription. In some cases, we have an associate medical doctor that can assist for an additional fee. Where can I get my labs drawn? Three different options: 1) Quest, Labcorp, Stamford Hospital, Yale, etc for traditional lab work. 2) As a second option, a mobile phlebotomist is available for at-home visits for blood draws for an additional fee. 3) As a third option: we can do the blood draw in our office. For some of the functional testing we do our best option is to draw your blood in-house. Do I need to have any records with me? It's certainly helpful! If you can bring lab reports and any imaging results going back one year at least, we can get a heads tart on your care. Will I have online access to my electronic medical records? We have a full online system that you can access. What do most people experience from being a patient of Shalva Clinic? Our patients tell us that they have higher energy levels, improved immunity and a better understanding of their responsibility to their body, mind and spirit. Our focus on medical care with a full understanding that your health is a treasure that should be protected is a proactive approach that keeps you feeling your best. We make a promise to fully investigate your symptoms and health concerns in a way that gets to the root cause of illness. We pride ourselves on creating a family-friendly atmosphere where you, your children, and your spouse or significant other can all feel comfortable."

g) from shalvaclinic.org/naturopathic-medicine:

“Naturopathic Medicine. Naturopathic Medicine is the first functional medical approach, examining each person’s overall health and looking for the root cause of any illness. Naturopathic doctors know that people want to understand more about how they can establish and maintain their own health. The importance of treating all parts of the human body, physical, mental, and spiritual, is the basis for supportive therapies that treat the whole person. Our emphasis in naturopathy is not merely to fight disease once it has appeared, but to build health and keep disease, as much as possible, at bay. There will always be a place for conventional medicine, but I want more people to understand that the keys to their vibrant long lives are in their own hands. I tell my patients if you’re having a heart attack, head to the Emergency Room. If you want a healthy heart, look to the body’s building blocks of health with the help of a naturopathic physician. Each modality complements the other. We all make many choices every day. There is no more important choice you can make than the decision to live in a health-enhancing, instead of a health-depleting, way. At Shalva Clinic, we emphasize to our patients is that a great deal of how you feel, and how you heal, is within your control. You can choose a lifestyle that positively impacts your long-term health. We’re here to help you do that. Book a complementary 15 minute consultation today. Click here for a list of some of the common conditions we treat. When you partner with us, you’ll receive: Comprehensive Medical & Functional Evaluations Cutting Edge Diagnostic Tools Collaboration with other members of your healthcare team Customized Treatment Protocols Information about Naturopathic Education and Training: Naturopathic physicians are the nation’s leading experts in integrative natural medicine and natural healthcare. All licensed naturopathic physicians attend 4-year post-bachelor accredited medical schools, are trained as primary care physicians, and receive the designation N.D. Their curriculum includes education in all of the basic sciences, conventional and naturopathic modalities, and rigorous clinical training. Some NDs have advanced training in women’s health, homeopathy and intravenous therapy. In addition, licensed naturopathic physicians take two national board certification exams and state licensure exams. As professional pioneers in science-based natural medicine, NDs advocate the development of professional standards, accountability and regulation of all forms of medicine to maintain safety and freedom of choice in healthcare. NDs are currently licensed in 17 states. Follow these links for more information about the naturopathic medical school curriculum or licensure for ND’s. Therapeutic Methods: Clinical Nutrition and Nutritional Therapy: Hippocrates said “let food be your medicine” and this position is still the guiding principle in the naturopathic approach to nutrition. The connection between diet, health, and disease is so well established and it is recognized that nutrition is a fundamental component of natural medicine. Through analysis of a patient’s current diet, functional testing to identify nutritional deficiencies, evaluation of individual responses to foods, and identification of associated nutritional imbalances with present symptoms, reasonable diet modifications are made as well as occasional directed nutritional therapy (ie. supplementation) in order for patients to optimize their health. Botanical Medicine: It should be no surprise that botanicals have the capability of producing profound healing results. After all, some of the most widely used drugs today are derived from plants themselves (ie. Morphine, Digoxin, etc.). Herbal preparations can be quite powerful and should be monitored by a physician

knowledgeable in them, especially if you are taking other medications. Naturopathic physicians are skilled in crafting herbal formulas for patients. Every plant is a complex pharmacy with innate intelligence. A skillfully crafted herbal formula can be at least as effective as modern drugs, but without the side effects. Hydrotherapy: Hydrotherapy is the name for all therapeutic treatments with water. It is one of the oldest naturopathic treatments, having been first developed by Sabastian Kneipp in the early 1800's. Hydrotherapy is commonly used to treat a variety of disorders including acute illness, skin conditions, inflammatory disorders, depression, weight loss, and chronic pain. During a hydrotherapy treatment the physician applies water that is either cold, warm, hot, or alternately warm and cold, depending on the therapeutic goal. Typical treatments include soaks, towel applications, wraps, brush massages, or steam saunas. The beneficial effects are based on the application used and the difference in temperature between the body and water that is achieved. This difference in temperature effects the human body in a very positive way: It stimulates blood circulation and detoxification, promotes relaxation, and stimulates the bodies own defenses. Ultimately, hydrotherapy can contribute to an improved immune system and thus milder course of the disease progression. Homeopathy: Homeopathy is an effective system of healing which assists the natural tendency of the body to heal itself. It recognizes that all symptoms of illness are expressions of disharmony within the whole person. Different people react in different ways to the same stressors (emotional, work, illness, family, etc.) and this is unique to a particular remedy. Through comprehensive evaluation, observation, and analysis, a remedy is carefully selected for either the acute condition or a patient's constitutional state. A properly selected homeopathic remedy will not only cure an earache, or cold, but it has the ability to treat the entire person. Homeopathic remedies are true holistic medicine, taking into account everything that is going on with a patient. They can be used either independently or in combination with other therapies. Homeopathic remedies are incredibly powerful and require a skilled clinician to prescribe them properly. They do not cause side effects because only a very minute amount of the active ingredient is used in a specially prepared form. Biotherapeutic Drainage: Bio-Therapeutic Drainage eliminates toxins from the body through gentle detoxification. We encounter toxins everyday through air and water pollution, processed foods, and pesticides. Chronic stress and medications also create toxic byproducts creating multiple negative side effects. All of these byproducts and toxins slowly accumulate in the body, changing physiologic function, and leading us to unwanted symptoms and disease. Drainage works on the body's elimination pathways and allows the body to slowly detoxify. This gentle process of removing toxins allows normal physiologic function to return to the tissues affected. The remedies used are safe, non-toxic, do not interfere with medications, are safe during pregnancy and provide healing results for optimal health. Physical Medicine and Naturopathic Manipulative Therapy: Physical medicine is manual therapy used to treat muscles and bones to relieve pain, immobility and mechanical dysfunction. Our bodies are meant for movement and manual therapy can help alleviate pain caused by hours of sitting which in turn creates muscle aches, neck, back and shoulder pain, sciatica, cold extremities and many other problems. By realigning the body, full movement is restored and pain is eliminated. Lifestyle Counseling: Emerging scientific studies show that the internal environment

we create in our bodies through how we think, what we eat and drink, how we move our bodies, when we sleep and wake, and what drugs or supplements we take has an impact on whether we develop disease or maintain health. Lifestyle changes begin with the willingness to look at our existing patterns as well as through education in more supportive behaviors. Next, in order for us to make and sustain changes with how we care for our bodies we all need support, motivation, good evidence, and choices that focus on pleasure, satisfaction, and joy."

h) from shalvaclinic.org/acupuncture:

"Acupuncture. A Gentle Medical Treatment in Use for Thousands of Years. Have you been feeling less than your best with a list of vague symptoms and fatigue? Or do you have joint pain, headaches, or a specific health condition that has become chronic? If you're ready to try a gentle form of healing that has been used for thousands of years, acupuncture is an excellent way to achieve healing through stimulating the flow of energy through the body. The body's life force, or qi (pronounced "chee"), can be awakened through the insertion of very fine needles that stimulate specific energy points throughout the body. The result can be relief from long-term pain, or help with a number of other conditions. You May Benefit from Acupuncture if You Have: Musculoskeletal or joint pain Arthritis Fibromyalgia Sciatica Sports Injury Anxiety/Depression Headaches/Migraines Digestive Disorders Other Illnesses Overall Wellness Concerns. What Happens in an Acupuncture Session? Your practitioner will first greet you and discuss any symptoms you may be experiencing. After discussion of what she or he feels may be most helpful to you, you will lie down in a quiet room with a gown to wear or be covered with a light sheet. Single use, sterile needles are placed in the skin. At the most you may feel a light pricking sensation; often, patients feel nothing at all. If you prefer no needles, our providers also have different techniques to stimulate the points. Cupping or ear seeds may also be utilized. A session usually takes fifteen to thirty minutes, with five to twenty needles used. Depending on your issue, the treatment could last up to sixty minutes. After a treatment, patients report feeling very calm, and in some cases tired. Some people, however, say they are more energized. Resting after a treatment is advised, as acupuncture clears toxins from our bodies and lowers our stress hormones. This is an optimal time to take advantage of your relaxed state. You may be more aware of your bodily sensations as acupuncture stimulates nerves, muscles and connective tissue while boosting the body's natural painkillers. We welcome you to give it a try! You may wish to add acupuncture to your self-care routine once you experience the sense of physical and emotional well-being it brings, along with better sleep. It is possible to feel better every day!"

i) from shalvaclinic.org/craniosacral-therapy:

"Craniosacral Therapy. Craniosacral Therapy – Could You Benefit? Oftentimes, healthcare providers only look for metabolic causes of disease and rarely delve into the importance of proper structure. Structure plays a huge role in our bodies ability to heal. Think of it this way: If your key bends out of shape, you can attempt to unlock a door many times and on many different days with no success. This is true of our bodies as well. We often try to unlock our potential to heal, trying to open the

door with as many keys (treatments) as we can find without thinking to fix the structure of our original key. Because our nervous system carries so much complex information ranging from pain signals, sensory input from our environment, emotions and memories, it’s beneficial for all sorts of medical conditions. Specifically, it’s helpful for people who struggle with a mixture of emotional and physical health problems. Indications for cranioscaral therapy include: Poor memory and learning disabilities. Mood disturbances, PTSD, depression, anxiety, PMS and more. Chronic pain from sports injuries or accidents and post concussion syndrome. Chronic pain and tension from Lyme disease, fibromyalgia, and more. Headaches, insomnia, and stress related conditions such as IBS and TMJ. What is craniosacral therapy? Craniosacral therapy utilizes gentle touch to help restore proper alignment and functioning of the central nervous system. When the central nervous system is functioning optimally, people often see increased energy, improved mood and productivity, happier relationships and most importantly, improved health. What to expect during a craniosacral therapist session. Craniosacral therapists utilize very light touch therapy (about the weight of a nickel) to assess the alignment of the central nervous system. Your therapist will use gentle techniques to restore alignment and clear restrictions in your body. Many people feel calmer and contented after sessions because it encourages them to enter a deeply relaxed state. The benefits of one session can extend for hours to days after the therapy. How many sessions will I need? Every individual has their unique struggles with illness and journey through life, so it can be hard to estimate how many sessions they’ll need. Some people find relief in one session, others find relief over four sessions, while others need more regular check-ins. For more information about craniosacral Therapy, contact our office.”

j) from shalvaclinic.org/lymphatic-drainage:

“Lymphatic Drainage. The Importance of Your Lymph System. Are you aware that your lymph system is a large network of lymphatic vessels, nodes and tissues that both clear your blood of waste products and provide a boost to your immune system? Its importance in maintaining your overall health is due to its many functions, including maintaining fluid levels in your body and absorbing fats from your digestive track. You can help maintain a healthy lymph system by drinking plenty of water to stay hydrated, maintaining a healthy diet and exercise program, and avoiding toxic chemicals found in cleaning products and pesticides. But sometimes the lymph system needs a bit more help to keep release fluids, which is where stimulating lymphatic drainage comes in. Health-boosting Lymphatic Drainage to Enhance Detoxification. Following surgery, as an example, there may be swelling, or edema, in your tissues. The stimulating technique that helps those tissues to release the excess fluid is called lymphatic drainage. The treatment offers relief from pain and reduced swelling as it moves lymphatic fluid. Pathways for detoxification are opened, increasing general health. There are many health concerns that are helped by lymphatic drainage beyond surgery, however. You Can Benefit from Lymphatic Drainage if You Have: Fibromyalgia Chronic Fatigue Syndrome Chronic Pain Allergies Skin Conditions Post Surgical Swelling (edema) Post-Cosmetic Surgery Care Swelling. We Invite You to Try This Relaxing Therapy.

Following a lymphatic drainage treatment, patients often have relief from pain, reduction of swelling, and a more vibrant feeling of health as detoxification clears the bloodstream of waste materials."

k) from shalvaclinic.org/reiki:

"Reiki. Reiki is an ancient Japanese art which strengthens the self-healing powers of the body. A kind of bridge that allows the transference of energy from practitioner to the client, Reiki means "universal life energy" in Japanese. Reiki calms the nerves, releases physical tension and mental blockages, and promotes healing from within. You may benefit from Reiki Healing if you are: Immersed in emotional trauma, or family or relationship issues that create strong negative feelings Living with depression or anxiety Dealing with chronic pain, such as migraine headaches, back aches, or ongoing gastrointestinal distress Suffering from grief or loss Experiencing caregiver exhaustion or burnout Have a sense of being held back from moving to the next stage of life. What is included in a Reiki Healing Session? A 90-minute session with Beverly includes: A gentle discussion of your needs, desires, and issues in a nurturing environment. A 60-minute energetic Reiki session while you rest quietly on a massage table. Reiki engages energy fields from the body's seven chakras, senses areas of heat and cold, and identifies energy blockages. While it is not a physical massage, you may feel a deep sense of relaxation. Unlike massage therapy, the client remains clothed. We recommend loose, comfortable clothing. A session can either be hands-on, where the practitioner will apply a light touch during the session, or hands-off where they will hold their hands slightly above your body. Reiki is performed in a what is defined by the practitioner as a "sacred space," meaning a place of peace and healing as created through intention and manifestation of pure white light. Sacred space is not used in a traditional religious sense, although many times clients will experience imagery or feelings tied to their own religious beliefs. Following the session, Beverly will share her intuitive assessment of the universal energy movement she felt through her hands and in your body. It is recommended to remain somewhat quiet, if possible, for the remainder of the day, drink plenty of fresh water to assist in the cleansing of the body, and to be aware of any feelings such as warmth, tingling, vibrant energy or emotional catharsis. What may be included: There may be a strong emotional feeling of release, even tears if there is a deep sorrow or concern within you Gentle, non-invasive touch with the practitioner's palms Herbs, botanical oils, scents, and sounds may be used to deepen the experience Mindful relaxation like yoga or meditation. You can experience Reiki healing if: You explore this energy work as a complement to medical treatment You are open to a subtle but powerful experience You are willing to undergo more than one Reiki session to achieve your desired healing You let yourself relax and enjoy the experience of deepening your own wellness. Reiki is a great tool for stress reduction and relaxation and can assist the body in creating an environment to facilitate healing. Like acupuncture or acupressure, Reiki can help to restore energy flow and good health. We welcome questions. You can contact Beverly at info@shalvaclinic.org or (203) 916-4600."

l) from shalvaclinic.org/shamanic-healing:

“Shamanic Healing. A centuries old approach to health through spiritual practices predating established religions, Shamanic Healing offers a deep connection to the divine. We believe that the mind, body, and spirit are all connected. Shamanic Healing addresses the spiritual aspect of illnesses and opens a beautiful door to a new harmony in your life. Modern day Shamanic Practitioners rely on connecting with spiritual energies and contribute to the healing work of doctors. You may benefit from Shamanic Healing if you are: Facing life transformations, such as marriage, divorce, geographic moves, pregnancy and childbirth, an empty nest, or retirement Going through chronic or acute health challenges, and looking to access the body’s age-old wisdom to heal Feeling traumatized, whether from abuse (sexual abuse, unhealed childhood abuse, or any physical abuse) or generational trauma Suffering from addiction or substance use disorder Experiencing depression, anxiety, or a feeling of being stuck in a situation What is included in a Shamanic Healing Session? A 90-minute session with Beverly includes: A compassionate conversation in a safe environment to identify issues and define a desired outcome A personalized journey with Beverly, facilitated with rhythmic drumming while you rest quietly on a massage table. You may experience a meditative state of consciousness. Identifying energy blockages with the assistance of unseen aspects of life including archetypal and dream worlds as practiced by indigenous people around the world Advice on healing modalities, botanical or herbal medicines, changes in lifestyle, and a roadmap for restoring health What may be included: Power Animal Identification: Integrating your power animal—your helping spirit– into your daily spiritual practice Cord Cutting: Severing emotional connections from any time in your life that may be harmful and leading to physical symptoms and illness Energetic changes that you will feel in the days or weeks after your healing session through removing blockages and re-establishing balance You can experience Shamanic Healing if: You are open to letting go of old thought patterns and belief systems You are willing to release unhealthy lifestyle habits You want to develop a relationship with your power animal and ancestral guides You trust your intuition and are looking for a clear channel to your own wisdom Shamanism is not a religion or a dogma, and peacefully co-exists with any established religion that you practice. Shamanic Healing sessions offer a 100,000-year-old path for personal growth and bring you to a peaceful new place in your life. We welcome questions. You can contact Beverly at info@shalvaclinic.org or (203) 916-4600.”

m) from shalvaclinic.org/genomic-analysis:

“Genomic Analysis. What if there was a way to improve your health with pinpoint accuracy, unique only to you? You might be surprised to learn that advances in medical technology continue to lead health practitioners to new and more exciting tools all the time. There’s a method we have today that can help us to learn about differences in your unique genetic makeup. There are many benefits, including understanding more about your risk factors for certain diseases, such as cancer. It’s called Genomic Analysis. What is Genomic Analysis? You might be familiar with the study of genetics, which examines genes and the way that certain traits are passed down in a family. Genomic Analysis goes further: through simple saliva testing, your DNA and RNA are examined for risks caused by genes when combined with

environmental factors. The report gives us deep insights into how to best tailor nutrition, lifestyle and supplements to help you live your healthiest, longest life. Why is My Genetic Data Important? Almost all diseases have some basis in our genes. In 2003, the National Institutes of Health (NIH) developed the Human Genome Project, a high-quality version of the human genome sequence from blood donated by several anonymous individuals. That resource created a way for researchers to look for genetic variations that can cause a broad range of diseases. Genome-based researchers now have the tools to create better lifestyle maps for individuals and their doctors. Your body does not respond just to your genetic makeup. You are uniquely affected by your diet, lifestyle and environment. Genomic Analysis can show us just where you may be vulnerable and may help to unravel not only diseases like cancer, but also the most effective treatments for you. Opus23 is the Database We Use to Understand More about YOU Opus23 is a database that interprets raw genetic data and translates the findings into clinically relevant information. This information is used to create precise and personalized recommendations of nutrients, supplements, treatments, and lifestyle changes to best help you. The analysis performed by our doctors will include all the following: Exploration of your genes to determine any specific mutations that are contributing to your current health concerns. Analysis to see if there are any disease susceptibilities to prevent. Drug side effect/benefit analysis to determine how your body and genetics respond to certain medications. Food analysis to determine beneficial and problematic foods. Identification of any environmental factors that are detrimental to your health based on your genes. Personalized nutrition, lifestyle and supplement recommendations. Here are some of the conditions that Genomic Analysis is useful for: Autoimmune disease Inflammatory conditions (Rheumatoid Arthritis, Psoriasis, Lupus) Cardiovascular disease Neurological support (Attention, Insomnia, Alzheimer’s) Cancer care support Men’s Health concerns General Health Improvement Prevention and Treatment of many other conditions Weight Loss. What is the Process? You will be asked to purchase a salivary testing kit through 23andme, Ancestry.com, and/or Geno. Testing kits price vary and should be purchased directly from their website. When you receive the test kit you will collect a saliva sample, fill out the forms and mail it back. You should receive your results in 4-12 weeks. Once results are available you must retrieve your raw data and email it to the clinic at least one week prior to your consult. Once we receive the raw data, we can upload it into Opus23 and begin the interpretation. A follow up appointment will be scheduled to review the findings. If you are New to our Office: Initial 90-minute Visit – The doctor will gain a thorough understanding of your health history. Follow up 60-minute Telemedicine visit – The doctor will display and review the interpretation and make specific recommendations. You will receive a fully curated report detailing the findings. If you are an Existing Patient: Initial 15-minute Visit – The doctor will review your overall health history and health goals .Follow up 60-minute Telemedicine visit where the doctor will display and review the interpretation and make specific recommendations. You will receive a fully curated report detailing the findings. Opus23 is linked to the latest published journals and research, and with each new release, Opus 23 gains new information to shed light on your concerns. Ready to make an investment in your future? Call the office to schedule your appointment!”

n) from shalvaclinic.org/naturopathic-oncology-logical-cancer-care-and-prevention:

“Naturopathic Oncology: Logical Cancer Care, and prevention. By Dr. Randall Block. Everything is poison, and nothing is poison. This old naturopathic saying is hard to comprehend when we are talking about things like chemotherapy, or radiation. But it all depends on the dosage of a substance. Drinking too much water can even kill a person. And likewise, a very small amount of a toxic chemical like cyanide can be used as medicine. Not only does the dose matter, but also who we are putting that substance into, what’s their constitution, and what else are they are taking along with it? After all, in naturopathic medicine we treat people, not disease. When someone receives a cancer diagnosis they typically are overwhelmed by all kind of emotions. The last thing anyone wants to do is figure things out themselves. They have heard terrible stories about the standard medical protocols to treat cancer. Yet the doctor in front of them is saying that is their only option, the best thing available. So, what is the deal? Naturopathic Oncology: Logical Cancer Care, and prevention. Cue naturopathic medicine: Here we find that there are many ways to treat a cancer patient, and none of those ways involve ONLY taking a chemotherapeutic agent. We now know from studies and clinical evidence that would be a crazy thing to do. Chemotherapy alone is very harmful to the body. Well of course it is, that is why we use it to treat cancer! But we now have many excellent ways to protect a person’s healthy cells WHILE we are allowing chemotherapy, radiation, and immunotherapy to kill cancer cells. Using dietary medical protocols, specific herbs and vitamins at the right times and the proper dosages, mind-body medicine, and some good old nature-cure, we have a potent system to keep the body healthy while going through standard cancer treatment. Many herbs are used to not only help the body stay strong during treatment, but even help the chemotherapy work better to kill cancer cells, hinder cancer cell drug resistance, and stop the progress of cancer stem cells! This last part is especially awesome, because cancer stem cell survival is the reason that cancer comes back so deadly if it ever returns from a state of remission. So, making sure that we kill those pesky guys is an important goal for a long and cancer free life. Integrative oncology techniques are also the best way (and only way, other than luck) to help people to lessen the harmful side effects of cancer treatment. The most common side effects that we can help with include: Bone marrow suppression (blood cell depletion) Mouth and skin sores Extreme fatigue Nausea and other gastrointestinal symptoms Weight loss Kidney and other organ damage Neuropathy (nerve numbness and pain). Naturopathy is big on prevention. There are so many ways to help prevent the development of cancer in later life. Curcumin, green tea, bioflavonoids, cruciferous vegetables, toxin avoidance, heat therapy, meditation! I will regularly put out information about old, new, and fun ways to have a lifestyle that decreases cancer risk, and keeps the body vigilant of stopping it in its tracks. After all, we have dysfunctional cells developing in our bodies all of the time, they just get taken care of quickly when the body is functioning properly. For clinical prevention we use herbs and diets backed by scientific literature, as well as ancient treatments for vitality of the human body. We are lucky in modern times to have the availability of genetic testing, which we now can use to create more in-depth programs of precision medicine, treating each person’s unique situation to optimize

their body's function. Naturopathic Oncology: Logical Cancer Care, and prevention. In summation, naturopathic oncology is just logical medicine. We use treatments that make sense- we extend life, and bring about better outcomes than what would have been, period. Seeing what this can do for cancer patients is the reason I decided to become a naturopathic doctor. I wanted to be the one across the table that had a better answer for them- to be able to give them their best shot at life. It's a mission and a pleasure. Randall Block, ND, LAc, MSC."

o) from shalvaclinic.org/4-ways-ozone-therapy-can-help-kick-cancers-butt:

"4 Ways Ozone Therapy Can Help Kick Cancer's Butt! By Dr. Carine Bonnist. IMMUNE SUPPORT. Due to it's highly reactive molecular structure of three oxygen atoms, ozone readily induces the body's innate healing mechanisms AKA the immune system. A healthy and active immune system can recognize potentially harmful cancer cells and destroy them- our bodies know how to identify and destroy cancer cells, but sometimes we need a little immune support. OXYGEN. Ozone therapy gets to the core of disease by increasing the body's ability to utilize oxygen, increasing metabolism, and improving circulation. Because cancer cells cannot live in high concentrations of oxygen and ozone increases the oxygenation of tissues, ozone therapy can be used to potentiate conventional cancer therapies. ANTIVIRAL. Many cancers are attributed to viruses such as Epstein-Barr Virus (EBV), Human Papilloma Virus (HPV), Hepatitis B Virus, and Hepatitis C Virus. Conventional therapies are now targeted against viruses with the hope of protecting healthy cells and minimizing toxicity. Ozone is antiviral and can largely contribute to combating these viruses. Furthermore, if you have a chronic viral infection, ozone can be used proactively to prevent the possibility of developing cancer down the road. REDUCE SIDE-EFFECTS. Ozone can reduce side effects from conventional cancer therapies. By helping the body utilize oxygen, ozone can reduce inflammation and improve symptoms of anemia; it can also help with sleep and boost energy."

065. ND Davidson Pages at southportnaturalmedicine.com

a) from southportnaturalmedicine.com/meetthedoctor:

"Meet the Doctor. Dr. Mara Davidson. Born and raised on Cape Cod, Massachusetts, Dr. Mara Davidson's first career focus and passion was film making. During her freshman year at Drexel University while pursuing an undergraduate degree in Film and Video, an interest in the medical field began. After returning home from the Cannes Film Festival and completing an internship at NFL Films, Dr. Davidson decided to devote herself to the study of medicine. She graduated with her Bachelor of Science degree, Magna cum Laude with an Honors distinction, from Drexel University, then entered the Post-Baccalaureate Pre-Medical Program at Drexel's College of Medicine. Once ready to enroll in medical school Dr. Davidson selected to attend a university in the Cayman Islands for its fast-paced, accelerated learning structure. Enrolling there enabled her to double-major as not only a medical student but an MBA candidate. However, the conventional medical approach that was taught did not match Dr. Davidson's belief regarding patient care. Believing that a whole-body approach to healthcare was possible to learn in medicine, Dr. Davidson began searching for alternative forms of medical practice.

She discovered Naturopathic Medicine and found this to be her true calling. While earning her MBA, Dr. Davidson applied to the University of Bridgeport, College of Naturopathic Medicine in Bridgeport, CT. In the middle of her second year Dr. Davidson completed her MBA in Health Care Management with the equivalent of Magna cum Laude standing. Upon entering her clinical training Dr. Davidson began preceptoring with many naturopathic physicians and clinics along the east coast, including the Cancer Treatment Centers of America in Philadelphia, PA. During the second half of medical school Dr. Davidson decided to increase her Naturopathic arsenal by enrolling in the University of Bridgeport's Nutrition Institute in order to earn a Master of Science in Human Nutrition. Dr. Davidson earned her Doctor of Naturopathic Medicine degree, cum Laude, in May 2014, then completed the Master of Science in Human Nutrition degree, Summa cum Laude, in December of the same year. Dr. Davidson currently lives in Fairfield County, Connecticut. In her free time she enjoys movies, sports, theatre, and spending time with her family and friends."

b) fromsouthportnaturalmedicine.com:

"The New Wave In Personalized Healthcare. At Southport Natural Medicine we believe in an approach that focuses on prevention and analyzes not just symptoms but root causes of conditions. Call Southport Natural Medicine at (203)-751-3775 to set up your first 15-minute complimentary in person or over the phone consultation with Dr. Mara Davidson and take your first step to wellness today."

c) from southportnaturalmedicine.com/our-practice-title:

"What is Naturopathic Medicine? As defined by the American Association of Naturopathic Physicians: Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. The following principles are the foundation of naturopathic medical practice: The Healing Power of Nature (Vis Medicatrix Naturae): Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process. Identify and Treat the Causes (Tolle Causam): The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms. First Do No Harm (Primum Non Nocere): Naturopathic physicians follow three guidelines to avoid harming the patient: Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat; Avoid when possible the harmful suppression of symptoms; and Acknowledge, respect, and work with individuals' self-healing process. Doctor as Teacher (Docere): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship. Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also

includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. Prevention: Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness. Source: Naturopathic.org."

d) from southportnaturalmedicine.com/services:

"Our Approach. The core foundational principle of Southport Natural Medicine is to look at the person and not the disease, a crucial part of the naturopathic process. It is vital to look into the dysfunction of the body usually expressed by symptoms and help to return the systems of the body back into balance. Dr. Davidson spends time with her patients, a crucial part of the process because only through in-depth appointments can a true foundation to health and the road to wellness be established. Your first office visit with Dr. Davidson is a 60-minute appointment (or 75 minute extended first visit when more attention is needed) where not only your reasons for visiting but your sleep, hygiene, diet, lifestyle factors, and digestive processes will be discussed, along with any relevant physical exams. At the end of your appointment Dr. Davidson will determine which conventional and/or functional laboratory tests are warranted – all to help determine the why: WHY is illness or disease (dis-ease) occurring. From this, a baseline treatment plan and recommendations will be made. At your first follow-up appointment, which is 45 minutes (an extended first follow-up appointment for 60 minutes is available if you feel more time is needed), Dr. Davidson will comprehensively review your laboratory work and discuss your personalized treatment plan incorporating various aspects and tools of Naturopathic Medicine. Subsequent visits to Dr. Davidson can range from 15 to 60 minutes based on need. Dr. Davidson utilizes a combination of nutritional medicine, vitamin and mineral supplementation, botanical medicine, and mind-body medicine, specifically tailored to each patient to restore health and balance. Although she is trained in conventional pharmaceuticals and often works with other healthcare practitioners in order to provide her patients with a healthcare team to suit their own individual needs, the state of Connecticut currently has no pharmaceutical scope of practice/inclusion for Naturopathic physicians. As a Naturopathic Physician Dr. Davidson's approach is to find the underlying, root cause of illness and to restore health and wellness, instead of masking symptoms."

e) from southportnaturalmedicine.com/general-services:

"Dr. Mara Davidson sees individuals for a variety of concerns, such as: Anxiety Depression Digestive Complaints Constipation Diarrhea Gas / bloating Heartburn / reflux Allergies Fatigue Sleep Issues Thyroid conditions Cholesterol Cognitive support Anti-inflammatory support."

f) from southportnaturalmedicine.com/ourapproach:

"Our Approach. The core foundational principle of Southport Natural Medicine is to look at the person and not the disease, a crucial part of the naturopathic process. It is vital to look into the dysfunction of the body usually expressed by symptoms and help to return the systems of the body back into balance. Dr. Davidson spends time

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066. ND Yanover Pages at bigapplehealth.com

a) from bigapplehealth.com/about-dr-marina-yanover:

"About Dr. Yanover Naturopathic Physician Dr. Marina Yanover is a naturopathic physician, licensed in Connecticut, as well as an acupuncturist licensed in both Connecticut and New York State. Dr. Yanover helps both adults and children with disorders of the immune system caused by external toxins such as autoimmune conditions, PANS/ PANDAS, chronic infections such as Lyme, Candida and parasites, skin disorders such as acne, eczema and psoriasis, as well as sleep issues. As a primary care physician, she performs annual physicals, orders laboratory testing, and treats illness while offering a unique caring and patient-focused approach. Each patient is viewed as a unique physical, emotional and spiritual being; with that always in mind, Dr. Yanover offers individualized treatments which may include nutritional support, acupuncture, supplementation, herbal preparations, dietary recommendations, craniosacral therapy, counseling, and other modalities known to help restore balance in our bodies. This balance encourages the body to heal itself, a natural phenomenon which is the underlying goal of naturopathic medicine. Dr. Yanover developed a pre- conception program called " Healthy Pregnancy through Nutrition and Acupuncture" which uses the power of nutrition, detoxification, stabilization of the autonomic nervous system, and the insights of both traditional eastern and western medicine to achieve a greater level of health for both mother and child. Dr. Yanover places a great deal of emphasis on nutrition. She will assess a patient's requirement for dietary adjustments, nutritional supplementation as well

as for herbal products which she is able to formulate and prepare. Most importantly, her view is that the practice of medicine should seek the cause of problems and not just treat presenting symptoms. As another modality used in the practice, Acupuncture is a great tool borrowed from an ancient eastern tradition. Dr. Yanover uses acupuncture to help her patients with stress relief, anxiety, depression, pain, sleep disorders, infertility, and immune enhancement. Dr. Yanover started her health care training in Odessa Ukraine, part of the former Soviet Union. She finished nursing school in 1991 and worked as a nurse for one year in the Surgical Urology department at the Marine hospital. Concurrently, she studied the art of massage, and received a degree in massage therapy. She came to the United States in 1992, and in 1993 enrolled in Brooklyn College, a branch of CUNY (City University of New York) where she pursued a premed course of study. She graduated with a Bachelor's Degree in Psychology in 1997. During her college career, she volunteered at local hospitals. It was during this experience that she realized conventional medicine, as practiced in the US, was quite different from the kind of medicine she had become accustomed to in Ukraine. This remarkable contrast in practice philosophies inspired her to become a Naturopathic Physician. After graduation, Dr. Yanover attended the naturopathic medical and acupuncture programs at the distinguished Bastyr University, also known as the "Harvard of natural medicine", located in Seattle, WA. There she earned dual degrees , an ND (naturopathic doctor) and an MS in acupuncture. She then did her residency at the Griffin Hospital's Integrative Medicine Center in Connecticut, which she completed in 2003. At Griffin she incorporated alternative medicine as an adjunct to conventional medical treatments. At the same time, she mentored and supervised the clinical training of students at Bridgeport University's School of Naturopathic Medicine. In August of 2007, Dr. Yanover went to China to receive additional, intensive training in acupuncture at one of Shanghai University's most elite and highly ranked hospitals. If you want to learn more about her experience, click here for the story. Currently Dr. Yanover is in private practice in Westport, CT. Westport is a beautiful small town in Fairfield County Connecticut. It is conveniently located only an hour's drive or ride on Metro North's New Haven line from both New York City and New Haven, Connecticut. Daily, she puts into practice the skills and knowledge she has accumulated over the years and is devoted to her patients and their wellbeing. Personally, Dr. Yanover, is a mother of two. In her spare time she loves to cook, and spend time with her family."

b) from bigapplehealth.com/my-story:

"Dr. Yanover's Story Dr. Yanover treating patientThroughout my 20th I used to have acne. It seemed like the whole world was looking at my face and I wanted to do anything to clear my skin.Being from Eastern Europe, I was familiar with a more holistic approach to medicine, and the idea of taking antibiotics, topical creams, or even Accutane to clear my skin, did not appeal to me. Deep inside, I knew that acne could not be caused by bacteria alone, and the source of inflammation had to be coming from somewhere other than the skin. Treating acne symptomatically, without addressing the cause, made no sense. But what was the cause?…I immigrated to the U. S. at the age of 19. I lived in Brooklyn NY, and at first, the

transition was difficult. It meant learning English while simultaneously taking a full program of premed courses. During my college years I was volunteering at the hospitals. I was then frustrated both by its inability to cure my acne, and by the general practice of medicine in the U.S. which treated symptoms not causes. My frustration let me to apply to a different type of medical school, Bastyr University in Seattle Washington. It is a Naturopathic Medical School, where medicine is taught according to the following principles: The Healing Power of Nature (Vis Medicatrix Naturae): Naturopathic medicine recognizes an inherent self-healing potential in people that is quite intelligent. Naturopathic physicians act to identify and remove obstacles to cure, and to facilitate the self-healing process. Identify and Treat the Causes (Tolle Causam): Naturopathic physicians seek to identify and remove the underlying causes of illness rather than to only eliminate or suppress symptoms. First Do No Harm (Primum Non Nocere): Naturopathic physicians follow three guidelines to avoid harming the patient: Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat; Avoid when possible the harmful suppression of symptoms; and Acknowledge, respect, and work with individuals' self-healing process. Doctor as Teacher (Docere): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship. Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. Prevention: Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness. These principles made sense to me, and decided to follow this path, and was accepted to Bastyr University, Naturopathic Medicine Program, where I finally was able to fulfill my dream of studying a type of medicine that worked. Sometime in my second year at Bastyr, I discovered through trial and error, and a bit of intuition, that gluten seemed to be causing my acne. Though I tested negative for Celiac disease, still when I stopped eating products with gluten, my acne disappeared. That was around 1997, before the connection between gluten and inflammation was known. Because I achieved my goal of curing my acne and was busily immersed in my medical studies, I didn't delve deeper into the question of whether gluten was a true cause of acne. I later discovered that in most people acne was caused by both bacteria (the conventional thought), and by the internal toxicity that builds up in our bodies. Gluten, though not the main cause of inflammation, was an additive factor working in conjunction with the toxic overload. These toxins include heavy metals, pesticides, various chemicals, formaldehydes, as well as the toxic waste of yeast and parasites. Avoidance of gluten helped me reduce the inflammation that the toxic substances were causing, but it did not eliminate them from my body. One day, while still at Bastyr, I discovered that I was loaded with heavy metals such as lead, mercury, arsenic, and cadmium. Since my immediate problem (acne) no longer plagued me, and since I did not want to interrupt my active life, I delayed addressing the heavy metal issue for over 10 years. Time moved on, but the heavy metals remained. When I was

trying to get pregnant in my late thirties, the heavy metals were presenting even greater concern. Few unsuccessful attempts of natural conception after the age of 35 were my wake up call. With the biological clock ticking, I finally begun my detoxification protocols. However that same clock rushed me to stop my detoxification protocols prematurely.I got pregnant. As a result of not completing my detoxification protocols, I developed complications during pregnancy, and had a difficult birth of my twins. I had to stay on bed rest, had elevated liver enzymes, required an emergency C-section, followed by severe blood loss right after the childbirth. Sometime after my twins were born, I realized they had Lyme disease. Apparently I had a silent case of Lyme and inadvertently passed it along to my children. I feel that had I done the detoxification protocols in a timely manner, my children's immune system would have been healthier, and better able to avoid Lyme. As a result , I have spent many years helping them, and myself to get healthier, to detoxify , and to strengthen our immune systems. With hard work and dedication, I am finally getting where I want to be with my family's health. Perhaps my story will inspire you. There is always a way to transform and improve a situation, as long as we are willing to make the effort. Sometimes there is just a lot more work to do if we wait to do it later. The intelligent principles of naturopathic medicine are there to guide us towards optimal health. They help not only ourselves, but affect those we are connected with. If we follow these principles in a timely manner, many bad things can be avoided, and be replaced by good outcomes. When I see a patient I try to see their problems from the inside out. Sometimes things are not the way they seem. In order to help, I need time to investigate to see where the problem originates. They call me a naturopathic detective. My personal experience led me to choose disorders of the immune system as my specialty. Those include but not limited to chronic infections, autoimmune disorders, allergies, skin problems, and chronic sleep issues. Solving such illnesses requires me to delve deeply into the case, to understand cause and effect, and to connect the dots with the presenting symptoms. I love my work because when I am able to provide the exact treatment my patients need, and to empower them by teaching how to take care of themselves, they get better. I know then, I was able to help them, and this is my greatest reward. My visits are long. I make careful observations, take a detailed history, ask questions about your past and present, ask questions related to you illness, and even questions that seem unrelated (but often are related), before determining a treatment protocol. If necessary, I will order laboratory tests, some are common and widely available, others are specialty tests offered by independent laboratories. I use only finest quality products that are designed to work with your immune system to help you heal. Finally, I expect that you do your part of the work by following your protocol and committing to your recovery with the same determination as I do. Together we are a team!!! Together, we will make it happen!!! Together we will achieve success!!!"

c) from bigapplehealth.com/our-focus:

"Our Focus. The primary focus of our practice is treating chronic infections and autoimmune disorders. The following is the list of conditions that we have had

success with using our protocol. Chronic Infections: Lyme and Co Infections Herpes Family Viruses Long Haul COVID Connective Tissue and Skin Disorders: Psoriasis Scleroderma Rheumatoid Arthritis Vitiligo Persistent Cystic Acne Autoimmune Thyroid Disorders: Hashimoto's Thyroiditis Grave's Disease. Autoimmune Digestive Disorders: Ulcerative Colitis Crohn's Disease Celiac Disease. Since addressing the immune health is an important goal of our program, there are other very common but at times, difficult to treat conditions that respond very well to our program: Allergies, and Chronic Fatigue Syndrome In addition to these more serious conditions, we also see patients for general wellness as for prevention, as well as for other conditions such as headaches, various pain ailments, hormonal issues , sleep disorders, and others."

d) from bigapplehealth.com/what-to-expect:

"What To Expect If you are here to solve your health mystery and would like to take an integrative holistic approach towards your health, this is what you should expect. Your first two office visits are dedicated to assessing the state of your health. Depending on your condition, these visits can be as long as two hours each, but sometimes less time is required. This comprehensive evaluation involves obtaining a detailed history, including family history, dental history, trauma history, toxic/environmental exposure history, exposure to, and infection history, pre-conception history, as well as a detailed nutritional assessment. This information will determine both a clinical and an Eastern medicine diagnosis, including possible causative factors. During the second visit a treatment plan will be decided upon, fully discussed and implemented. After that, you will have a plan to follow your program and to visit with Dr. Yanover either in person or virtually, to track your progress and make necessary changes. Dr. Yanover believes that there are four cornerstones of health that are needed to be addressed with any illness: Nutrition Emotional health Environmental toxins Structure Nutrition big apple health Nutrition Nutrition is unique for each of us, based on our family history, our constitution, our personality, and the way our autonomic nervous system is wired. Every chronic disease usually begins with the wrong nutrition. That does not mean it starts with an unhealthy diet. You may eat what you would think is a perfectly healthy diet, but it may not be the right diet for you. We should follow the diet appropriate to our metabolic type, based on the state of our autonomic nervous system. In addition, the quality of food is very important as well: you should always eat organic, and minimally processed food. These concepts of nutrition were studied extensively by Dr. Francis M. Pottenger, Dr. Weston A. Price, Dr. Royal Lee, Dr. William Donald Kelley, and finally, by Dr. Nicholas Gonzalez (1947-2015), who put it all together in a comprehensive successful protocol for the treatment of degenerative diseases. Nutrition was an essential part of his treatment protocol. Dr. Gonzalez believed that all chronic diseases including cancer, diabetes, heart disease, autoimmune disorders, and many others, are the result of the wrong nutrition. In 2003, just after graduation, Dr. Yanover's interest in natural cures especially in difficult to treat, often labeled as "incurable" chronic degenerative diseases, led her to meet Dr. Nicholas Gonzalez. She then had an opportunity to intern with Dr. Gonzalez at his NYC office. She was fascinated about Dr. Gonzalez's protocol: many patients who

were written off by conventional doctors recovered and led a healthy fulfilled life; the protocol just made so much sense. There she learned that in fact, by following an individualized diet and supplement protocol, one can achieve optimal health. For more information about the work of Dr. Gonzalez, please visit the website www.thegonzalezprotocol.com . Dr. Yanover will help guide you in choosing the diet and a supplement regimen that is right for you. She will do it through a series of questions, a nutritional assessment and if necessary, by ordering and reviewing lab testing. She will then spend a considerable amount of time explaining a correct approach to you, and offer an individualized dietary plan and a supplement regimen that she will ask you to follow. Emotional Health During the first two visits Dr. Yanover will get a sense of who you are, and that will include getting to know your life: what worries you and what makes you happy. She will help uncover the obstacles to healing. This is an important part of an evaluation. Illness almost never has only a physical origin. There is always an emotional component involved, and by addressing it, you may be able to achieve better quality health, in shorter duration of time. Detoxification Big Apple Health Detoxification We live in a toxic world, and it is important to periodically rid your body of toxins. This process is called detoxification. We believe detoxification to be an essential part of our protocol. You need a clean body for the healing process to take place. Dr. Yanover will guide you through a specific detoxification routine you may need. Most of these detoxification procedures can be safely done at home, and we will explain and walk you through the necessary steps. Structure Sometimes there is a structural problem that prevents healing. This could be discovered right away, or later in the process if the healing is not achieved as soon as expected. Examples of the structural problems may be old injuries form past physical traumas, i.e., car accidents or falls; dental bite problems that resulted from improper dental procedures and/or devices; old scars from surgeries or past root canals that result in interference fields that block the energy flow. If one of these issues is believed to interfere with your healing, an appropriate referral to a specialist will be made while concurrently addressing other cornerstones of your health.”

e) from bigapplehealth.com/our-services:

“Our Services The following are the tools that we use in order to help you achieve great health: American Association of Naturopathic Physicians Naturopathic Medicine The principles of Naturopathic Medicine include: Recognize “ The Healing Power of Nature”, Identify and treat the cause, First, do no harm, Doctor as teacher Treat the whole person (physical, mental , emotional, genetic, environmental, social and other individual factors) Practice preventive medicine, Achieve Wellness. If you would like to know more about naturopathic medicine please click here. (my story page) Currently, 22 states, the District of Columbia, and the United States territories of Puerto Rico and the U.S. Virgin Islands have licensing or registration laws for naturopathic doctors (NDs/NMDs). In these jurisdictions, naturopathic doctors are required to graduate from accredited four-year residential naturopathic medical programs, and pass an extensive postdoctoral board examination (NPLEX) in order to receive a license or registration. Naturopathic physicians are licensed in the state of Connecticut after graduating from a post –

baccalaureate four year, and 4100 hour course of study at a college or university recognized by the State Examining Board. Currently the license of Connecticut allows naturopathic physicians to diagnose, order laboratory tests and treat. Get Healthy, Get Pregnant Dr. Marina Yanover specializes in guiding women toward natural conception and nurturing them through vibrant, complication-free pregnancies. Her revolutionary wellness program unlocks the body's innate fertility wisdom through a meticulously crafted approach. Dr. Yanover begins with comprehensive health assessments that reveal hidden imbalances affecting fertility—insights often missed by conventional methods. Her precision nutritional protocols transform her patients' internal environments, creating optimal conditions for conception and robust fetal development. Through advanced pathogen elimination techniques, Dr. Yanover removes unseen barriers to fertility that frequently undermine conception efforts. Her gentle, scientifically-backed detoxification methods prepare the body's systems for the sacred journey of pregnancy by reducing toxic burden and enhancing cellular function. Dr. Yanover's expertise in supplement science allows her to craft personalized nutritional support regimens that address each woman's unique biochemistry. Her targeted acupuncture treatments—refined through years of specialized practice—restore energy flow, balance hormones, and create the serene internal state where new life can flourish. Women who work with Dr. Yanover experience not just improved fertility outcomes, but transformative pregnancies marked by vitality and wellness. Her integrated approach honors both ancient wisdom and cutting-edge science, creating a fertility journey that heals, empowers, and celebrates the miracle of life. Lab-tests-Big-Apple-Health Evaluation of Laboratory Tests Sometimes, an accurate diagnosis can be made with a history and physical evaluation alone. An individualized treatment plan can then be accurately designed. Other times, laboratory tests are necessary. Labs are a part of our medical investigation process, and we use them only if needed. It is always a good idea to bring previous lab reports with you on your first visit. However, if necessary, we may ask you to get additional testing done. Most of the time, these tests are ordered through Quest, Lab Corps or a local hospital lab and are covered by your insurance. Occasionally, depending on the complexity of your condition and the information needed in order to properly diagnose and decide on the treatment plan, we may ask you to use specialty labs. In some cases experimental tests will be ordered. The testing materials could be blood, urine, hair, or stool, depending on the tests ordered. We interpret the tests in a very comprehensive way, searching for the cause of an illness, looking at deficiencies, toxicities, intolerances, and infections. Acupuncture Big Apple Health National Certification Commission for Acupuncture and oriental Medicine Acupuncture and Traditional Chinese Medicine Acupuncture is a five thousand year old medical tradition. Diagnosis in Traditional Chinese Medicine and Acupuncture is based on observation, interview, pulse and tongue diagnosis, and other diagnostic tools. Following an assessment, treatment may involve acupuncture, cupping, electrotherapy, infrared heat lamp, or other traditional treatments. Acupuncture involves the placement of sterile one- time use disposable needles into specific points on the body. The training required of an Acupuncturist includes successful completion of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) exam. Training may also include a Master's of Science in

Acupuncture degree. Acupuncture has successfully been used to treat all types of pain conditions, infertility, digestive disorders, anxiety, and addictions. In our practice, we have been particularly successful with acupuncture when applied to treating the following conditions: Low Back pain Shoulder pain Tennis or Golfer's Elbow Neck and Upper Back Pain Sleep issues Anxiety and Panic Attacks Infertility GERD or Acid Reflux Neuropathy Ankle pain Allergies Headaches Trigeminal Neuralgia TMJ. Acupuncture is a great way of balancing the autonomic nervous system to achieve optimal health. It can be used alone or in combination with the other treatment modalities. It is a great adjunct to naturopathic and nutritional medicine, and if combined, acts as a catalyst towards healing. In 2006 Dr. Yanover went to China to study acupuncture. To read about her experience in China, please, click here. Herbal-medicine Big Apple Health Herbal Medicine Herbal or Botanical medicine was one of Dr. Yanover's favorite studies at Bastyr University. She had an opportunity to follow a great naturopath and an herbalist, Dr. William Mitchel, who was also a founder of Bastyr University. Dr. Yanover will use herb combination principles to prepare an herbal formula designed specifically for your needs. She uses these herbal formulations in addition to nutritional medicine for specific complaints. The following conditions have been successfully treated with herbal medicine in our practice: Chronic infections such as Lyme disease, coinfections and long haul COVI Immune Support for prevention of acute infections such cold, flu and COVID-19 Sleep support Anxiety and Depression Digestive disorders. Female conditions related to hormonal imbalance such as Menopause and PMS. Homeopathy. Homeopathy is a system of medicine founded by a German physician, Dr. Samuel Hahnemann (1755-1843). It is based on the principle that "like cures like", meaning that the medicine that produces particular symptoms in a healthy human being is also capable of curing similar symptoms that present as an illness. In homeopathy, tiny amounts of various substances such as plants and minerals, are being used. The amounts are so small, that are barely detectible. What is left, is the essence of the substance. That essence, if matched correctly with the essence of a patient being treated, can generate a self-healing response, and subsequently, a cure. Homeopathy has been practiced all over the word. It is gentle and can be suitable for adults, children, babies and breast feeding women. Homeopathy can be used in various forms such as sugar pellets, liquids, tablets and creams. Homeopathy can be used as the main treatment modality (usually used by classical homeopaths), or as an adjunctive therapy. It can also be used as a first aid and for a quick symptomatic relief. It can be used as a single remedy, or a combination of different remedies. Here at Big Apple Center, we primarily use it as an adjunctive therapy to our primary nutritional protocol, and as first aid treatment. We also use it as part of pre and post-procedural protocols. Bio-matt Big Apple Health Amethyst Bio-Mat We love our Bio-Mat as a great healing modality. Bio-Mat is a mat that is used for healing, combining far infrared rays, negative ion therapy and the superconducting properties of pure amethyst that work together to treat a wide variety of medical issues and ailments. We use it as a stand-alone treatment, or as an adjunct to the other therapies we offer. For example, an acupuncture treatment may feel more relaxing if it is combined with the Bio-Mat. When we use Bio- Mat by itself, it is usually for detoxification purposes, circulation issues, or to address pain and anxiety. For more information on Bio-Mat, click here. Craniosacral Therapy

Craniosacral therapy is an energetic treatment that allows for mechanical and structural changes in the body through subtle movements at various areas of the body. Dr. Yanover often combines if with other modalities such as acupuncture. It is a very relaxing treatment that many people consider a “light adjustment”, since it directs the body to self-adjust, and gradually improve structure. We also use it for stress, anxiety, and headaches. Cupping Big apple health Therapeutic Massage and Cupping Dr. Yanover has known, and practiced the art of massage for the past twenty years. She combines this knowledge and the skills of traditional Swedish massage and lymphatic drainage principles. In addition, she does an eastern form of massage called cupping. She is also trained in Qigong massage for children, also known as sensory massage, used mainly for children with sensory issues such as extreme sensitivity, ADHD, PANS/PANDAS. She mainly uses her massage skills as an adjunct therapy with other treatments such as acupuncture and craniosacral therapy.”

f) from bigapplehealth.com/amethyst-bio-mat:

“BioMat is a mat that is used for healing, combining far infrared rays, negative ion therapy and the superconducting properties of pure amethyst that work together to treat a wide variety of issues and ailments. The healing properties of Amethyst have been known for centuries by ancient scientists and healers. Now modern science has confirmed the highly conductive properties of this remarkable mineral. Amethyst crystals offer consistent delivery of far infrared light waves. Negative ions are odorless, tasteless, and invisible tiny molecules proven to increase our production of serotonin, a mood chemical that alleviates depression, relieves stress, gives us more daytime energy, and alleviates allergies. Negative ions naturally occur around mountains, waterfalls and beaches, create a feeling of wellbeing. Because the BioMat’s infrared rays penetrate deeply into the body, it addresses imbalances on the cellular level. Its targeted infrared heat therapy increases delivery of oxygen-rich blood to the muscles and has helped people deal with everything from immune system issues to inflammation to muscle pain. When used at the high setting (149-158˚F), the BioMat delivers all of the benefits of the traditional sauna. The intense heat generated by the BioMat mimics the heat of the sauna, opening pores, increasing circulation and flushing away impurities. The BioMat is made of healthy materials. When you use a Biomat, you lie on pure silicone urethane, beneath which a total of 16 additional unique, protective layers are present, including tumbled amethyst, silk and cotton. The BioMat is an FDA Registered Class II Medical Device for pain relief and has passed rigorous safety testing in order to be approved for use in hospitals and clinics. There are different heat settings that can be used depending on the condition and the goal of the patient. NO HEAT: This setting allows benefit from negative ion therapy and amethyst conduction without having to use far infrared rays at the same time. This can be used for patients who are extremely sensitive to heat. 95-104˚F HEAT: This “green” setting enables negative ion therapy plus gentle, broad-spectrum heat. This setting acts as an aid to encourage deep relaxation, and still for those sensitive to heat. 113-122˚F HEAT: This “yellow” setting provides negative ion therapy plus subtle, warming far infrared ray penetration. This setting is ideal for relaxation, and

gentle detoxification. 131-140˚F HEAT: This “gold” setting provides negative ion therapy plus deep-penetrating warmth to temporarily relieve minor muscle pain, minor joint pain and stiffness, joint paint associated with arthritis, muscle spasms, minor sprains, minor strains, minor muscular back pain; encourage relaxation and address stress and tension by relaxing muscles. This setting also encourages better circulation, as well as detoxification. WE will start this setting for 15 minute intervals , gradually working up to one hour sessions. 149-158˚F HEAT: This “red” setting offers maximum far infrared sauna-like treatment. The high-heat settings are ideal for relieving minor muscle pain, minor joint pain and stiffness, joint paint associated with arthritis, muscle spasms, minor sprains, minor strains, minor muscular back pain; and relaxing muscles. It is used for detoxification, Lyme disease, and various viral infections. The BioMat and Detoxification The BioMat increases circulation and stimulates the sweat glands by raising body temperature, helping the body release toxins and waste materials, including heavy metals, solvents, unhealthy cholesterol and more – all of this improves the immune system . Simply by resting on the BioMat for a short session of between 15 and 45 minutes, you can dramatically increase your body’s natural detox capabilities. BioMat offers Lyme disease treatment The BioMat provides a unique type of thermo-therapy to the body. The heat that it delivers can target the spirochetes that cause Lyme disease symptoms and soothe sore joints and muscles. In addition, the negative ions that the mat gives off can help to cleanse the body and promote immune function, which can assist with energy and overall function in people suffering from Lyme disease. Likewise, the infrared light therapy penetrates deeply into the body, reducing pain and allowing cells to absorb more oxygen and repair themselves faster. This is why the BioMat is a popular treatment for Lyme. In addition, because it is safe for all ages, you can use the BioMat as a Lyme disease treatment for children. High heats are imperative when assisting the body to rid itself of bacteria and infections. The body will naturally raise its core temperature, causing night sweats in an effort to kill off unwanted microorganisms, as a protective defense. This will aid in boosting the immune system as well.”

067. ND Boykin Pages at drmarkndnow.com

a) from drmarkndnow.com:

“Naturopathic Doctor. Dr. Mark Boykin, N.D. is a Naturopathic Doctor committed to providing each patient with an exceptional level of care and attention. Naturopathic medicine is an individualized form of medicine and I believe that each and every person has their own unique remedy. I am qualified to take you there and would love to assist you on the road to great health. Naturopathic Doctors combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. By using protocols that minimize the risk of harm, Naturopathic Doctors help facilitate the body’s inherent ability to restore and maintain optimal health. It is the naturopathic physician’s role to identify and remove barriers to good health by helping to create a healing internal and external environment. Dr. Mark Boykin, N.D. is located within Break Thru Family Fit 4 Life which is a family gym and is easily accessible in the

Glenbrook area of Stamford Connecticut. Dr. Mark Boykin, N.D. is a Naturopathic Doctor that is an In Network participating provider for Aetna and Aetna Medicare Advantage, Anthem Blue Cross Blue Shield and Anthem Medicare Advantage, Cigna, Cigna- GreatWest, ConnectiCare, Healthy CT, Husky (pediatrics only), Meritain Health, MVP Healthcare, and Oxford United Healthcare. Call for an appointment 203-303-7791 Fax: 203-870-1751 Dr. Mark Boykin, N.D. 48 Union St. Stamford, CT 06906 or email info@drmarkndnow.com."

b) from drmarkndnow.com/Practice.html:

"Dr. Mark Boykin, N. D. is a Naturopathic Doctor licensed in the State of Connecticut and specializes in Natural Pain Management This practice will consist of a Wellness component and a Medical component. The wellness component may consist of the following therapies: acupuncture, aromatherapy, Hydro Massage, and therapeutic massage. The medical component will focus on treating most common chronic disorders within the Natural Pain Management realm with natural remedies. Some of the disorders treated will be ADHD, Arthiritis (Osteoarthritis and Rheumatoid), Asthma, Auto-immune disorders, Chronic Pain, Depression, Diabetes, GERDS, Hypertension, Obesity and this list is not exhaustive. Disorders for Natural Pain Management are sciatica, sports injuries, rotator cuff, frozen shoulder, pulled or strained muscles and chronic overuse injuries. The Naturopathic modalities that will be used to treat these disorders will be Homeopathy, Hydrotherapy, Physiotherapy, Electroacupuncture, Botanical Medicine, Oriental Medicine, Nutritional Counseling, Medical Massage and Medical Exercise. Naturopathic practice includes the following diagnostic and therapeutic modalities: clinical and laboratory diagnostic testing, nutritional medicine, botanical medicine, naturopathic physical medicine (including naturopathic manipulative therapy), public health measures, hygiene, counseling, homeopathy, acupuncture, and any other methods to aid in Natural Pain Management. Although we do offer same day appointments when available, we encourage making appointments as far in advance as possible. Our friendly staff will be happy to answer any questions you have regarding scheduling and payment arrangements. We guarantee all medical records are kept completely confidential. Call for an appointment Dr. Mark Boykin, N.D. 48 Union St. Stamford, CT 06906 (202) 303-7791 info@drmarkndnow.com."

c) from drmarkndnow.com/Staff.html:

"Dr. Mark Boykin, N. D. is a licensed Naturopathic Doctor in the State of Connecticut. Naturopathic Doctors are trained as primary care doctors or specialists. Dr. Mark Boykin works primarily as a specialist and specializes in Natural Pain Management and has a focus on physical medicine. Within the modality of physical medicine most methods of physical rehabilitation are employed. One method of this therapy is Hydro Massage. Hydro Massage is very benefitial and can assist or be an adjunct to most forms of physical therapy. Of special note is the relative success rate of treating lower back pain. Low back pain can be a symptom stemming from numerous disorders and Hydro Massge is a proven non surgical therapeutic option. Dr. Boykin is also a well sought after lecturer conducting lectures on various topics of wellness. Some topics are nutrition and chronic

disease, detoxification and weight loss, geriatric issues and pain management using natural remedies. Hydro Massage can be done on a regular basis for wellness, prevention, Natural Pain Management or relaxation. Or can be used after or before your workout or sporting event. Settings can very from therapeutic to deep tissue and can be focused on different muscles or body parts like hamstrings, quadracepts or lower back. Even feet! Come and enjoy the best foot massage ever!You can enjoy HydroMassage in just 10 minutes; so enjoy one before or after work or during your lunch break...anytime! Come in for your free demonstration and start enjoing the benefits of Hydro Massage and utilize state of the art Natural Pain Management. Dr. Boykin provides within strict naturopathic principals like: First do no harm, The healing power of nature, Treat the root cause, Doctor as teacher, The healing power of nature and Prevention. Please sign up here if interested in newsletter for more information on Naturopathic Medicine: http://mad.ly/signups/71372/join."

d) from drmarkndnow.com/Services.html:

"Services. Dr. Mark Boykin, N. D. has partnered with Advanced Radiology in order to provide X-rays, MRI's, Ultrasounds, Mammograms, etc.. and any other diagnostic procedure necessary for the diagnosis of relevance in reference to the patients concerns is covered under most local insurance under Naturopathic Medicine. Dr. Boykin treats each patient with compassion and dignity. Dr. Boykin is committed to listening to each patient's concerns and aggressively treating common ailments that is included in the scope of Naturopathic Medicine. Our services include: ALCAT TESTING Botanical Medicine Oriental Medicine Physical Medicine Hydrotherapy Phototherapy Physical Therapy Homeopathy Pregnancy Testing HIV Testing Genetic Testing Functional Testing Fitness Testing Ophthalmology Pain Management Men's Health Cardiovascular Health Electrical Stimulation Ultrasound Hydro Massage Quest Diagnostics Nutrient Status Testing Heavy Metal Status Nutritional Counseling. We specialize in treating: Headache Influenza Sciatica Allergies Chronic Pain Infections Ear, Nose, and Throat Ailments Hypertension/High Blood Pressure Asthma Sleeplessness Addictions Weight Management Digestive Problems Anemia Stress Mental Health Heart Disease Diabetes Scoliosis. We accept most insurance and will provide the necessary information in order for you to file a claim. We are In Network participating providers for the following insurance companies that allow billing for Naturopathic Medicine. Aetna, Aetna Medicare Advantage, Anthem Blue Cross Blue Shield, Anthem Medicare Advantage, Cigna, Cigna Great-West, ConnecitiCare, Healthy CT, Husky (pediatrics), Meritain Health, MVP Healthcare and Oxford United Healthcare. Naturopathic Medicine is one of the most inexpensive forms of health care known today you can take advantage of this fact now! Call for an appointment. Dr. Mark N.D. 48 Union St Stamford, CT 06092 (203)303-7791 info@drmarkndnow.com See a clip of Dr. Mark saving a life as a personal trainer!"

e) from drmarkndnow.com/Mission_Statement.html:

"Mission Statement for The Naturopathic Center The purpose of The Naturopathic Center is to deliver high quality professional Naturopathic medical care within a patient centered environment. Naturopathic principals would be strictly adhered to and focused on within the known pain management standards of care. Within this

model this clinic will operate at times as an allergy prevention center with the desire to deliver high quality Naturopathic care. To which this pursuit will be accomplished while using functional testing towards the healing art known as Naturopathic Medicine. Pursuant to this model the patient is always the priority in which personalized and individualized Naturopathic care would be delivered. Such care would be rendered effective and in a professional manner guided by the tenets of Naturopathic Medicine, the Hierarchy of Healing and the known and accepted standards of Naturopathic care.“

068. ND Romano Pages at barefootlivingarts.org

a) from barefootlivingarts.org/page/about/:

“About At Barefoot Living Arts, our intention is to create a space of deep safety, presence, and resonance — a place where you are invited to reconnect with your inner knowing. We believe that healing and transformation arise not from fixing what is broken, but from listening to the wisdom already within you. When the body, mind, and spirit are met with unconditional acceptance, the natural impulse toward wholeness begins to unfold. Our practitioners are here not as authorities, but as guides and companions — offering their knowledge, skill, and insight to support your journey inward. Each step is yours to take, and we honor the unique rhythm, meaning, and timing of your path. This is a community where exploration is welcome, complexity is embraced, and your unfolding is trusted. THE FOUNDER MARK J. ROMANO, ND About - Barefoot Living Arts in Fairfield, CT Dr. Mark J. Romano Naturopathic Physician • Certified Sheng Zhen Meditation Teacher Dr. Mark Romano is a licensed naturopathic doctor who blends the science of Western medicine with the wisdom of Eastern healing. With a background in human kinesiology, acupuncture, and mind-body medicine, he helps individuals reconnect with their inner rhythms through a deeply intuitive and integrative approach. Drawing on tools like biotherapeutic drainage, holistic bodywork, and Sheng Zhen Qigong, Dr. Romano supports people navigating chronic illness, fatigue, anxiety, and disconnection—guiding them toward clarity, coherence, and self-trust.”

b) from barefootlivingarts.org/page/services/:

“Naturopathic Consultation A comprehensive naturopathic interview, homeopathic intake and a Chinese Medicine informed physical exam for the purpose of develop a personalized plan that will include dietary ideas, movement strategies, stress-reduction techniques, and any herbs, homeopathic or, supplements, depending on your health needs. TELEMEDICINE AVAILABLE UPON REQUEST CONSULTATION FREE ~ Acupuncture Treatment Acupuncture uses hair-thin, flexible needles, inserted into specific points on the body to activate the body's own healing powers. Homeopathic and Herbal Consultation Homeopathy and herbology are powerful systems that use natural medicinals to treat numerous common complaints. Qigong/Movement Therapy Reorganizing connections between the brain and body and so improve body movement and psychological skills.”

c) from barefootlivingarts.org/page/your-first-visit/:

“Your First Visit with Dr. Mark Your first visit with Dr. Mark will take around 90 minutes, which is significantly longer than a conventional medical visit (generally, a conventional appointment will only be about 15-20 minutes long!). This first visit is extended in order to give Dr. Mark a chance to get to know you better and gain an in-depth knowledge of your health, both past and present. Desired Outcomes On your first visit, Dr. Mark will want to know about your health goals and desired outcomes. This may mean getting particular health issues under control or simply helping you feel more energetic and healthier all around. If you have particular ailments that are a concern, or a specific outcome or goal that you want to work towards, communicate that to him in this initial appointment. Health History Dr. Mark will ask you questions in order to make a detailed record of your health history and concerns. This will involve inquiry into your current and past health, medications, and lifestyle. You can expect a large portion of your first visit to be dedicated to having a discussion with your ND and giving them a lot of information. It is important, on your first visit, that your honest and give a comprehensive look at your health history and truly understands your individual experience in order to properly recommend the best plan for you going forward. Questions About Diet Food is a focal point in naturopathic medicine, so he will be asking a number of questions regarding your diet, including what you eat regularly, any supplements that you take, and how you feel after eating certain foods. They will also connect the dots to GI health, energy, stress and sleep. This will enable him to come up with a plan that fits your individual situation and is root-cause-focused. You may be asked to complete a food diary and other paperwork prior to that first visit. Physical Exam and Tests On the first visit, he will conduct a physical examination and prescribe any laboratory tests that are relevant in order to complete an assessment and diagnosis. When making their assessment, your ND will use conventional diagnostic tactics and the principles and practice of naturopathic medicine. They may incorporate East Asian Medicine diagnostic techniques and attention to physical details that can provide a holistic understanding of the patient’s complaints. Next Steps At the end of the appointment, Dr. Mark will make some initial suggestions and talk with you to collaboratively create an individualized treatment plan and follow-up appointment schedule. Depending on the findings from the intake and examination, he may recommend any or all of these following treatments: focused therapeutic nutrition, herbal medicine, supplements, mind-body techniques, homeopathy, physical medicine, stress reduction approaches, lifestyle counseling, East Asian Medicine, hydrotherapy, referrals to other providers, and more.”

d) from barefootlivingarts.org/page/conditions-we-treat/:

“CONDITION WE TREAT Pain Sports injuries Muscle pain Back, neck and shoulder pain Leg, ankle and foot pain Arm, wrist and hand pain Knee pain Hip pain Carpal tunnel syndrome Tennis Elbow Repetitive strain injuries Jaw pain (TMJ) Dental pain Sciatica Arthritis Tendonitis Myofascial pain syndrome Headaches and migraines Postoperative pain Respiratory Complaints Sinusitis Allergies Digestive Issues & Nausea Heartburn, Acid Reflux Irritable Bowel Syndrome (IBS) Chronic indigestion Chronic loose stools or constipation Peptic ulcer Acute and chronic gastritis Morning

sickness Nausea and vomiting Mental and Emotional Wellbeing Stress Anxiety Insomnia Depression Reproductive Issues Infertility Increased efficacy of In Vitro Fertilization (IVF).”

e) from barefootlivingarts.org/page/about-naturopathy :

“What to Expect (Naturopathic Principals) 1- First, Do No Harm (Primum non nocere) Naturopathic physicians choose the most non-invasive and least toxic treatments necessary for each patient. 2- The Healing Power of Nature (Vis medicatrix naturae) Naturopathic doctors recognize the body’s inherent ability to heal itself. 3- Identify and Treat the Causes (Tolle causam) Naturopathic doctors identify, address and remove the underlying causes of disease. 4- Doctor as Teacher (Docere) Educating and supporting patients on personal health management is an important role for naturopathic doctors. They empower patients to take responsibility for their own health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship. 5- Treat the Whole Person (Tolle totum) This is a holistic concept that recognizes the body as an integrated whole. Naturopathic doctors treat the patient, not the disease. A naturopathic assessment addresses the nutritional status, lifestyle, family history, physical, mental, emotional, genetic, environmental and social factors in a person’s life. 6- Prevention (Praevenic) Naturopathic doctors promote a focus on overall health, wellness and disease prevention. The Therapeutic Order of Naturopathic Medicine A common question for those who have not visited a naturopathic doctor before, is how ND practice is different from what they might be used to in conventional models. The Therapeutic Order guides how the naturopathic principles are applied, and is based on the idea that the human body possesses an inherent drive to heal itself. It posits that the least amount of force be employed in order to promote gentle, safe and long-lasting health and well-being. The Therapeutic Order characterizes the natural progression of naturopathic therapeutic recommendations to maximize patient benefit and reduce the potential for damage or harm. Naturopathic care ultimately focuses on the individual and what is best for them at that moment in time. Therapeutic Order of Naturopathic Medicine The Therapeutic Order was first developed by naturopathic physicians, Drs. Jared Zeff and Pamela Snider. Dr. Zeff’s landmark 1997 article proposed the four-part Hierarchy of Healing in “The Process of Healing – A Unifying Theory of Naturopathic Medicine.” Drs. Snider and Zeff collaborated in developing it further in 1998, expanding the four-part model to seven levels, and renaming it the Therapeutic Order. It has evolved since then through additional publications. Naturopathic physicians use it in prioritizing, individualizing and guiding treatment for their patients. The therapeutic order works from least to most invasive interventions, from the inside out, from more general strategies, to more symptomatic, specific and targeted therapies. It includes seven steps that should be applied from the bottom up, increasing in intervention as needed to restore health. Central to the therapeutic order is that the order is not rigid, and is adapted to each patient. In order to return to health, the initial step must be removal of anything impeding the healing process. This is often referred to as “removing obstacles to cure.” Naturopathic physicians create a plan with their patient that addresses these obstacles (common culprits are poor diet, excessive stress or disruptive coping

mechanisms, digestive disturbances, inadequate rest, toxic exposures, socioeconomic stressors, trauma, etc.) in an effort to remove them and their effects, and improve the conditions under which the disease developed. Removing the things that are disturbing health allows the person's vitality to increase, the self-healing process to be optimally engaged, and further therapeutic interventions to have the greatest beneficial effects possible. Removing obstacles to cure is core to the expression of the Naturopathic Philosophical Principle, Treat the Cause. Stimulate the body's self-healing mechanisms Every person has within them an innate wisdom and intelligence that tends toward the optimal expression of health. In naturopathic medicine, this is called the "Vis Medicatrix Naturae." The "Vis Medicatrix Naturae" is the body's innate healing ability, the process of healing which engages with one's "vital force" or life force, as it is often termed. Naturopathic physicians use various therapies such as nutrition, botanical medicine, physical medicine, lifestyle counseling, acupuncture, homeopathy and hydrotherapy to stimulate and enhance this mighty and dynamic force and process allowing the body to heal itself. Strengthen Weakened or Damaged Systems – Restore and Regenerate Sometimes the mind, spirit and body's systems or functions need more than stimulation to improve. Systems that are under or overactive, or that need repair or support are addressed in this step. Naturopathic physicians use their broad and varied natural medicine(s) and healing practices to aid in restoring optimal function to an entire physiologic or organ system. This might include applying botanical medicine, endocrine balancing, professional grade supplements, homeopathy, counseling, manual therapies, acupuncture and others with the intention of enhancing the function of specific tissues, organs or systems; or at the psycho-emotional level. Correct Structural Integrity This level involves the use of physical therapies such as spinal manipulation, massage therapy, electrotherapy and cranio-sacral therapy to improve, support, and maintain musculature, fascial and skeletal integrity. Therapeutic movement, optimizing biomechanics, physical therapy and exercise may also be employed at this level to promote return to optimal structural condition. Use Natural Therapies to Address Pathology and Symptoms Although the primary objective of naturopathic medicine is to restore health, not to treat a distinct pathology, there are instances where specific pathologies must be addressed and managed. In these cases, naturopathic physicians utilize physiologically synergistic, dependable, effective natural substances that are unlikely to add toxic burden, cause adverse effects, place undue additional strain on an already disordered system, nor undermine the vis medicatrix naturae, while relieving the symptoms which cause suffering. Use Pharmaceutical or Synthetic Substances to Stop Progressive Pathology Synthetic or pharmaceutical substances may be necessary to restrain or strongly manage symptoms, and address specific pathology that is negatively impacting a patient's quality of life or safety. NDs recognize that suppressing symptoms removes some of the awareness that helps us better understand the root cause of an issue and the ability to restore vitality. Use High Force, Invasive Therapies to Suppress Pathology Sometimes it is necessary in the interest of patient health, comfort and safety to suppress pathological symptoms, prior to addressing underlying causal factors, and ultimately restoring health. Though suppressive or palliative therapies may result in reduced symptomatic expression, even when done with the best of intentions, the

end result of suppressive therapies is that the original, fundamental disturbing factors will continue to impact the person by sustaining disruption of functions (though perhaps to a lesser degree). Resolution of the disturbing factors may also be impeded or halted until the patient is stabilized and can address underlying causes while minimizing suffering and preventing further deterioration.”

f) from barefootlivingarts.org/blog/:

“Nature and Time How Nature Can Change Your Perception of Time by Mark Romano, ND Natural healing for growth and vitality. Nature and Time, Barefoot Living Arts in Fairfield, CT. Have you ever felt like time flies by when you are busy, but slows down when you are bored? This is because our perception of time is not fixed, but influenced by various factors, such as our emotions, attention, and environment. One way to experience time differently is to spend more time in nature. Spending time in nature can help us feel more relaxed, calm, and mindful. When we are in a natural setting, we tend to pay more attention to the present moment, rather than worrying about the past or the future. We also tend to notice more details and sensations, such as the sound of birds, the smell of flowers, or the feeling of the breeze. These experiences can make us feel more connected to ourselves and our surroundings, and enhance our sense of wonder and gratitude. Research has shown that spending time in nature can have various benefits for our physical and mental health, such as reducing stress, improving mood, boosting immunity, and enhancing creativity. These benefits can also affect how we perceive time. For example, when we are in a positive mood, we tend to underestimate how long an event lasts, whereas when we are in a negative mood, we tend to overestimate it. Similarly, when we are more creative, we tend to lose track of time, whereas when we are less creative, we tend to watch the clock. Therefore, spending time in nature can help us experience time differently by changing our emotional state and cognitive abilities. By doing so, we can also improve our well-being and quality of life. So next time you feel like you need a break from your busy schedule, why not try going for a walk in the park, do some qigong in nature, hike in the woods, or camp in the mountains? You might be surprised by how much it can change your perspective on time. Natural time is the time that our bodies and minds follow, based on the cycles of nature, such as the day-night cycle, the seasons, and the phases of the moon. Natural time is also influenced by our individual circadian rhythms, which are the internal clocks that regulate our sleep-wake cycles, hormone levels, body temperature, and other biological function. The more your body clock is in sync with natural time the better our immune system, nervous system, and endocrine system work. In summary, knowing where you are in natural time is important to be healthy human being on Earth.”

069. ND Hessberger Pages at yournaturaldr.com

a) from yournaturaldr.com:

“Your Natural Dr LLC Phone: 203-549-1511 WHAT IF YOU CAN TAKE MEASURES NOW TO PREVENT CANCER? Click here to read Dr. Michelle Hessberger's article "Preventing Cancer Naturally with Nutrition and Exercise"” Your Natural Dr LLC has Connecticut Licensed Naturopathic Physicians, Licensed Acupuncturist, and

Nutritionist on staff to assist you in naturally and holistically optimizing your health. Your Natural Dr LLC seeks to provide you with a family and community based approach to health and healing by providing care for people of all ages, nationalities, genders, and religions. We realize that it takes a village to help a child, or an adult, and that treating the whole family and/or community greatly assists in health and healing. Let us be part of your community of healing! What is a Naturopathic Physician or Doctor? A Natural Doctor is a licensed Naturopathic Physician (called ND) in Connecticut. NDs are rigorously trained in standard medical diagnoses in conjunction with a variety of natural approaches to disease, health and wellness. This broader scope of practice allows patients the benefit of seeing one doctor to treat many conditions while using natural therapies individually designed for each person and their unique characteristics. A Naturopathic physician treats people with diagnosed medical conditions, sub-clinical pathologies (i.e. you don't feel well but all your labs come back normal), and those who are looking to optimize their health. NDs use many different treatment approaches such as diet and lifestyle counseling, nutrition, herbal therapy, physical medicine, acupuncture, qi gong or yoga, homeopathy, mind-body medicine, tui na massage, water therapy, and craniosacral therapy. Natural treatments are very effective and often much safer than most prescription medications, because they are easily recognized by the body due to their similar structure and composition. Hence, there are fewer side effects from natural medicines and your body is more able to use them appropriately to improve health and wellness. If you are looking for safe and natural ways to treat the root cause of your conditions and want to achieve optimal wellness, start by submitting questions and posting messages in our blog! Subscribe to the mailing list below for updates."

b) from yournaturaldr.com/our-doctor.html:

"Our Licensed Naturopathic Physician and Acupuncturist- Dr Michelle Hessberger Phone: 203-549-1511 Dr. Michelle Hessberger, ND, Dipl Ac, LAc, MS Cellular and Molecular Biology is a Connecticut Licensed Naturopathic Physician and Licensed Acupuncturist who specializes in optimizing individual and family health through the use of natural therapies. She recognizes that each patient is more than the sum of their medical conditions and strives to enhance their vigor and vitality so they can achieve their optimal level of health. Accordingly, each individual is assessed and treated based upon their unique characteristics, which may be ascertained through an extensive intake and physical exam as well as conventional and alternative laboratory testing. Subsequently, each person may be treated using natural therapies such as diet and lifestyle counseling, acupuncture, herbal medicine, water therapy, qi gong, craniosacral therapy, homeopathy, massage, mind body medicine and natural supplementation. Dr. Hessberger is a Summa Cum Laude graduate of the University of Bridgeport College of Naturopathic Medicine and Acupuncture Institute as well as a Diplomate of Acupuncture. Additionally, she holds a Master's Degree in Cellular and Molecular Biology from the University of New Haven and a Bachelor of Science Degree in Environmental Science with minors in biology and psychology from the University of Massachusetts at Amherst. Her prior expertise as a professor and scientist further enhance Dr. Hessberger's objectives of providing

the best-individualized care for each patient. Her specialties include general care, pediatric and family health, pain conditions, autoimmunity, women's health and fertility, and environmental medicine. While her practice includes treating patients of all conditions, she commonly treats children and adults with digestive disorders, stress and anxiety, pain conditions, Lyme and other Tick-borne diseases, allergies, autoimmune conditions, Diabetes, hypertension and heart conditions, anxiety/depression, and high cholesterol. Acid Reflux (GERD) Acne Allergies ADHD/ADD Arthritis Asperger's Syndrome Asthma Autism Spectrum Back Pain Bad Breath Bedwetting Bronchitis Burns (Sunburn, minor burns) Cancer prevention Carpal Tunnel Syndrome Cholesterol (abnormal levels) COPD Cradle Cap Crohn's Disease Dandruff Dehydration Depression Diabetes Diaper Rash Down Syndrome Dysfunctional Uterine Bleeding Dyslexia Ear Infections Eating Disorders Eczema Endometriosis Fibromyalgia Flu (Influenza) Generalized Anxiety Disorder Gout Gum Disease Head Lice Headache Heart Conditions Herniated Discs Hives Hyperglycemia (High Blood Sugar) Hypertension (High Blood Pressure) Hyperthyroidism Hypothyroidism Infectious Diseases Infertility Iron Deficiency Anemia IBS Joint Pain Juvenile Rheumatoid Arthritis Memory Loss Migraine Miscarriages Multiple Sclerosis Muscle Cramps, Pain and Fatigue Neck Pain Obesity Obsessive Compulsive Disorder (OCD) Osteoarthritis (OA) Osteoporosis, Osteopenia Ovarian Cysts Pain (Muscle, Joint, Nerve) Peptic Ulcers Pervasive Development Disorder (PDD) Pink Eye (Conjunctivitis) Pneumonia Postnasal Drip Post Traumatic Stress Disorder (PTSD) Premature Baby PMS Psoriasis Restless Legs Syndrome (RLS) Rheumatoid Arthritis (RA) Rheumatic Fever Ringworm Rosacea Rotator Cuff Injuries Scars Sciatica Sinus Infections Skin Rash Sleep Apnea Sleep Disorders Snoring Strep Throat (Sore throat) Sunburn Systemic Lupus Erythematosus (SLE) Tennis Elbow Ulcers Upper Respiratory Infection URI) Urinary Tract Infection (UTI) Varicose Veins Vertigo Warts Yeast Infection."

c) from yournaturaldr.com/our-services.html:

"Our Services Naturopathic Medicine: Naturopathic Medicine combines the diagnostics from modern day medicine with the wisdom of nature cure to create a natural healing environment where the mind, body, emotions and spirit can thrive. It can be used to treat acute and chronic disease conditions. Naturopathic medicine can be used alone or with allopathic medicines depending upon the severity of different diseases. Naturopathic medicine in the state of Connecticut includes diagnosis, treatment and management of medical conditions through many different modalities such as: counseling and talk therapy, dietary and nutritional counseling, conventional and alternative laboratory testing, stretching and exercise therapy, sleep hygiene, hands on therapies like physiotherapy, energetic therapies, meditation and prayer, lifestyle management, integrative medicine, holistic medicine, hydrotherapy, acupuncture, nutritional supplementation, herbal therapies, and topical applications. For more information about naturopathic medicine education and credentialing processes, please visit https://aanmc.org/naturopathic-medicine/. Acupuncture: Needling Cupping and Guasha Qi Gong Tui Na Massage Electrical Stimulation. Craniosacral Therapy."

d) from yournaturaldr.com/thermography.html:

“About Thermography Hello, We are Carol & Kristy of Thermography of New England (T.O.N.E.).We are the certified technicians for Dr. Michelle Hessberger. We will be doing all the digital infra-red thermal imaging at this office. Digital thermal imaging is a screening process that detects differences in heat given off by the body through precise measurements of infrared frequency wavelengths, known as digital infra-red thermography imaging (DITI). This process gained FDA approval in 1982 and has become increasing more accurate and useful through technological advancements. It is non-invasive. No radiation or dyes are put into the body. It is painless. Nothing ever touches your skin or body in any way and there is no compression. It does not matter if you have dense breasts, we detect physiological or functional process rather than an anatomical process (a mass). Please call the Your Natural Dr LLC’s office @ 203-549-1511 or email us at yournaturaldrscheduling@gmail.com to book your appointment. Hope to see there. Thank you Carol Simeone and Kristy Bonoyer.”

e) from yournaturaldr.com/supplements.html:

“Supplements Online Supplement Ordering: Regarding ordering supplements, click the links below to order any of your current supplement refills online. There is a physical dispensary in the Orange office for supplements commonly prescribed. If you have a specific request for supplements, please email Dr Hessberger at yournaturaldr@gmail.com or fill out the contact form on the website. Fullscript has access to most products in the Orange dispensaries except for Xymogen and Biotics. Clicking on the button will let you access the site directly and make an account without needing a practitioner code. If you have any questions please give us a call or email us. Metagenics has good products for inflammation, general vitamins and minerals, metabolic issues like Diabetes and Cardiovascular disease, and digestion. You will need the practitioner code to order. New orders receive 20% off and can be eligible for free shipping too. Please give us a call or email us for the practitioner code. Xymogen (which can be ordered through WholeScripts) has good products for detoxification, brain health, adrenal function and inflammation. You will need the practitioner code and the Doctor's last name 'Hessberger' to order. For patients transferring accounts, simply call Xymogen at 800-647-6100, ask to have your account moved from the prior code to my practitioner code. Please give our office a call or email us for the practitioner code. Doctor's Supplement Store carries a wide variety of healthy supplement brands, including Biotics. Please email Dr Hessberger for the registration code and a 10% off discount coupon code for your first order at yournaturaldr@gmail.com or ask via the contact form on this website. Contact Form Regarding Supplements Submit Remember that food is also the best form of medicine and spices have wonderful medicinal value!”

f) from yournaturaldr.com/acupuncture.html:

“Acupuncture By: Michelle Hessberger, ND, Dipl Ac, LAc, MS Cellular and Molecular Biology While the exact date of acupuncture’s inception is uncertain, archaeological findings of stone shaped into acupuncture needles have been unearthed from the Shang Dynasty circa 1000 B.C.E. in China along with inscriptions discussing medical conditions (O’Connor 1981). Hieroglyphs of

acupuncture were also discovered on bones and tortoise shells from this time period (Xinnong 2007). Acupuncture became increasingly prevalent in China during the Warring States Period (475 B.C.E. – 221 B.C.E.) with the development of metal needles, which were much easier to produce than the previous stone needles. In fact, there are several stories where famous physicians like Bian Que and Chunyu Yi used acupuncture to treat patients. One well-known Chinese story discusses how Bian Que treated the comatose crown prince of the Kingdom of Guo and cured him with the use of acupuncture and herbs (Liao 2011). Among the earliest written medical classics in China during the Warring States Period were theLingshu Jing (Classic of the Miraculous Pivot) and the Su Wen (Questions of Fundamental Nature). Both of these compilations discussing acupuncture and other medical therapies were later combined to form the Huangdi Neijing(Yellow Emperor's Canon of Internal Medicine), which is still quoted today. Although acupuncture has evolved since its inception and the Huangdi Neijinghas been edited to incorporate those changes, much of the original concepts of Chinese medicine over its initial 1,500 years have remained and can be found today, over 3,000 years later. Along with other therapies in Traditional Chinese Medicine (TCM), acupuncture is rooted in the beliefs that balancing different aspects of life and energy can optimize health and prevent disease. Common concepts in TCM acupuncture today include asking about symptoms, taking the patient's pulse, looking at a patient's general constitution and tongue to aid diagnosis, treating diagnostic patterns like invasion of pathogens or deficiencies of specific organ systems by needling points along specific channels located on the body, and working to harmonize physical and energetic imbalances (Xinnong 2007). China, however, is not the only country that has influenced and shaped how acupuncture is used today. The Japanese were introduced to acupuncture by a Chinese monk, Zhi Cong, in 562 C.E. via the Ming Tang Tu(Illustrated Manual of Channels, Collaterals and Acupuncture Points), and Korea also assimilated acupuncture into their medical practices around this time. Acupuncture was brought to Western civilizations by the Jesuits in the sixteenth century, became adopted by France, and used widely by clinicians in the seventeenth century (White 2004). News about acupuncture appeared in the British medical journal, the Lancet, in the early nineteenth century England but did not really become known to the U.S. public till after 1971 when James Reston reported about his successful acupuncture treatment while in China as part of the US press corps preparing for President Nixon's visit, where he developed pain and bloating post-surgically (Yang 2011). Although Chinese immigrants in the U.S. regularly used acupuncture prior to this event, Mr. Reston helped to bring acupuncture to the forefront of the English-speaking populace in his "obituary" to his appendix. Other forms of acupuncture also became increasingly utilized around this time. Ear acupuncture originating as scattered Chinese acupuncture points later became their own micro-system when Dr. Paul Nogier of France, in 1957 (Oleson 2003), mapped ear points according to body part impacted and discovered they correlated to a picture of an inverted fetus. His ear map has been standardized by the World Health Organization (WHO) and is still utilized today. Scalp acupuncture, although mentioned in the Huangdi Neijing as part of TCM acupuncture, has flourished since the 1950s, forming an independent micro-system based upon specific functional areas of the brain (Liu 2012). As interest in acupuncture has risen, more research

has gone into understanding its mechanisms. There are several theories regarding how acupuncture works. The original historical references describe how energetic channels travel along specific parts of the body, contain points where the body's energy pools, and how acupuncture needles could access this pooled energy, called qi (pronounce chee), to enhance health (Xinnong 2007). Qi comes in several forms, such as nourishing gu qi found in food, kong qi found in air, and congenital yuan qipassed down from parents to offspring. Qi is believed to be the energy that helps the body move and organs function appropriately. In acupuncture theory, disease is often caused by problems with qi or blood, which is moved and created by qi. By accessing the body's qi, acupuncturists can move stuck energy, build energy that was depleted, or even reduce excessive energy in order to restore health. With over 18,200 peer-reviewed medical articles on acupuncture in the PubMed database (consisting of 22 million citations maintained by the U.S. government's National Center for Biotechnology Information), science is elucidating some of the biochemistry and physiology behind these ancient concepts. For instance, acupuncture channels and points have been identified using infrared thermal imaging (Yang 2007). Studies by Chen found that acupuncture can significantly increase oxygen utilization and energy metabolism along the needled channel (Chen 2010) and Wang discovered acupuncture could increase calcium ion potentials, which control numerous cellular reactions locally (Wang 2008). On a broader basis, needling acupuncture points altered blood circulation, hormones and neurotransmitter levels, nerve function, brain function, and the overall immune system (Li 2003, Li 2011). As shown via functional magnetic resonance imaging (fMRI), a procedure measuring brain activity through changes in blood flow, acupuncture stimulates these multiple systems by accessing nerves connecting to the brain's cortex (Li 2003). Acupuncture even changed delta brain waves, causing increased exchange of information and connectivity of different brain regions (Li 2011). Yang found that acupuncture increased beta-endorphin, a naturally occurring analgesic, which explains some of the pain-relieving benefits of acupuncture (Yang 2011). Placebo-based acupuncture called "sham" acupuncture, performed by using points not located along designated energetic channels, had minor benefits when compared to true acupuncture (Yang 2011). Another aspect of Chinese acupuncture is repeatedly moving the needle in and out after insertion to get a "deqi" (pronounced deh chee) sensation. Deqi is where the patient feels numbness, tingling, heaviness, soreness, pressure or a moving sensation at the insertion site, and the acupuncturist feels the "needle grasp," which is likened to catching a fish on a fishing line. Scientific evidence found the deqi action triggered increased adenosine outside the cell, which is known to reduce inflammation, prevent tissue damage and promote sleep (Goldman 2010). This explains how acupuncture relaxes patients and reduces symptoms of inflammation. Acupuncture has been useful in reducing symptoms of a variety of different medical conditions. Randomized control trials (RCTs) showed acupuncture reduced back pain and osteoarthritic knee pain at 8 weeks, and even greater benefit was achieved when treatment duration was increased to three and six months (Cherkin 2009, Witt 2005). Melchart reported that many types of chronic headaches reduced in frequency by half after acupuncture treatments (Melchart 2005). Witt found 3 months of acupuncture alleviated neck pain, with effects lasting for six months after treatment ceased (Witt 2006).

Fibromyalgia, a multidimensional pain disorder, along with associated depression, has been effectively treated via acupuncture (Vas 2011). Many studies have found acupuncture to be better than no treatment, routine care, and even enhanced outcomes of western treatments, making it a reasonable adjunctive treatment or alternative for patients with pain conditions (Mao 2010). Beyond pain conditions, digestive complaints such as Irritable Bowel Syndrome, was reduced by 90 percent after biweekly acupuncture treatments for 2 months (Lu 2011). 6 weeks of acupuncture reduced heartburn more effectively than the drugs omeprazole and mosapride (Zhang 2010). Acupuncture has been found to alleviate constipation (Du 2012) and symptoms of Crohn's disease and Ulcerative Colitis (Schneider 2007). Other conditions that benefited from acupuncture include depression and anxiety (Jiang 2012), allergy symptoms (Kim 2009), drug addiction (Yoon 2012), insomnia (Jiang 2010), stroke (Hsing 2012), Parkinson's disease (Joh 2010), painful menses (Wu 2012), and infertility (Huang 2011). Post-surgical and cancer therapy-related nausea and vomiting were alleviated via acupuncture (El-Deeb 2011, Lin 2012) and acupuncture has been successfully used as an alternative form of anesthesia pre- and post-surgically (Chernyak 2005). With improved nerve and muscle function in athletes after a single treatment, acupuncture may be utilized for sporting activities and to improve injury recovery (Hubsher 2010). Overall, large prospective studies elucidated by Mao found acupuncture to be quite safe, calming, and relaxing, with typical treatment length from 15–45 minutes and continuing for an average of ten sessions (Mao 2010). While daily acupuncture treatments are routine in China, this schedule is impractical in the U.S., and hence weekly, biweekly, or tri-weekly sessions are recommended. Side effects are very rare in acupuncture, with the most common side effects of pain at the site of needling, mild bruising, and dizziness occurring in less than four percent of patients (Mao 2010). To avoid possible increases in sensation or pain during treatment, the patient's needled body parts should remain relatively still and relaxed, and the patient should notify the practitioner of a continued burning sensation typically elicited when the needle is too close to a blood vessel or nerve. Along with use of TCM body points, practitioners may use electrical stimulation, ear or scalp points, or different diagnostic theories such as Five Element Theory, which groups organs according to elements to determine imbalances. Acupuncture has also been adapted to veterinary medicine and may be utilized in "wet" acupuncture, where acupuncture points are used as sites to inject pain relievers or other drugs. Common acupuncture practitioners may include licensed acupuncturists (LAc) who have completed over 1900 hours of master's degree clinical and educational training, medical physicians with 100-300 hours training, and diplomates (Dipl Ac) who have completed their master's degree and additional training. According to the National Health Interview Survey administered by the CDC, the popularity of acupuncture has steadily increased, with over 28,000 licensed acupuncturists treating 14.01 million Americans in 2007, health insurance companies beginning to cover this medical service for several conditions, and many physicians recommending it to their patients as a safe CAM therapy (Zhang 2012). Finding a Good Practitioner: The most highly trained acupuncturists are those with a "Diplomate of Acupuncture" in the United States (requiring a Master's degree in acupuncture, passing of national exams, and additional continuing education). Visit the NCCAOM at

http://mx.nccaom.org/FindAPractitioner.aspx to find a licensed acupuncturist near you."

g) from yournaturaldr.com/discovering-the-truth-about-lyme-disease.html:

"Discovering The Truth About Lyme Disease: Are These Myths or Facts? By: Michelle Hessberger, ND, Dipl Ac, LAc, MS Cellular and Molecular Biology Living in New England, I come honestly by my paranoia regarding Lyme disease, especially after seeing so many ill with the myriad of symptoms encompassing this elusive disease. However, the scientist and physician inside dug much deeper to unearth how much of what we hear and see is fact versus myth regarding Lyme disease. Myth #1: You only have Lyme disease (LD) if you have a BULLS-EYE rash. According to the CDC, 20-40% of patients do NOT have any rash and need further testing to properly diagnose the LD infection! Additionally, an annular red lesion appearing within several hours of a tick bite is considered a hypersensitivity reaction, not an EM rash that takes days to arise! To add to the confusion, STARI also presents with a bulls-eye rash, most likely because it's a relative of Lyme and may become more prevalent in CT as the "lonestar" tick migrates further northward. Other conditions causing a similar rash include erythema multiforme (hypersensitivity reaction to medications, herpes, or Mycoplasma) and erythema annulare centrifugum (reaction to infections, chemicals, cancer or autoimmune disease). Myth #2: Lyme disease is defined using CDC criteria of having a positive ELISA along with presence of 2 IgM bands and/or 5 IgG bands. The CDC's website also states this criteria, "is NOT intended to be used for clinical DIAGNOSIS." Thankfully, the CDC has updated their website to include alternative testing for Lyme if the initial IFA test is negative but the patient has LD symptoms. The current Lyme test is known to have many false negative and positive results, meaning it is not very accurate. As a naturopathic physician (ND), we are accustomed to running alternative tests for Lyme disease, including expanded Western blots, PCR tests that identify Lyme DNA, testing for other diseases that can cause similar symptoms, as well as labs identifying immune factors that play a role in disease and inflammation progression. To confirm the importance of comprehensive testing, one patient who originally thought he had Lyme disease despite negative Lyme testing discovered he actually had Mononucleosis! Myth #3: Ticks ONLY transmit Lyme disease. There are several diseases that deer ticks can transmit, including Anaplasmosis, Babesiosis, RMSF, HME, and Bartonella spp. Studies from the University of New Haven (UNH) found that 20 - 90% of deer ticks in 3 Connecticut towns carried LD, while Bartonella and Babesia were found in over 30% of these ticks. To make matters worse, 22% of deer ticks carried two or more of these microorganisms. These studies don't even cover all the pathogens carried by the deer tick, as several viruses and Tularemia can be added to the list. Additionally, several Mycoplasma spp. have been discovered and cultured in deer ticks, while transmission studies have not yet been performed. For instance, UNH found three Mycoplasma spp., known to cause walking pneumonia, urinary tract infections, reactive arthritis, and linked to RA were found in 84% of deer ticks tested in CT. While all of these microbes may produce similar symptoms, their treatments may vary widely, making testing an important part of proper diagnosis. Myth #4: It takes at least 1 - 2 DAYS for a tick to transmit Lyme disease. I

believed Piesman’s study until a good friend was tick-free showering one morning, found a tick on her at work before lunchtime, removed it swollen with blood, and later that week had a bulls-eye rash and joint pains! She acquired the Lyme infection in less than three hours and was also positive by lab analysis! I know most studies mean well but they cannot account for every variable. In this case, the Lyme study used baby ticks called nymphs, while an adult tick bit my friend. Looking at the size of the ticks, it’s quite understandable that a nymph would take a day to transmit disease while an adult could do this in hours! Myth #5: You can feel a tick feeding on you. Ticks secrete unique salivary proteins that create a type of “numbness” so you don’t feel them feeding and your body does not create the typical itching and redness associated with bug bites. Luckily, scientists at UCONN discovered that people who have been bitten by a tick create antibodies to the tick proteins and will respond with inflammation and itching when bitten by ticks a second time! Also, a quickly developing rash after a tick bite may mean that you having a hypersensitivity reaction to the tick and its saliva, are not infected with a disease, and are more likely to ward off invading microbes. Myth #6: You can only catch Lyme disease out in the WOODS. Most patients who remember getting bit were doing yard work at home, although frolicking in the woods adds to the probability of being bitten! Ticks thrive in damp overgrown vegetation, backyards that are lined by trees, tall grass, or are visited regularly by deer. According to Dr. Stafford, deer ticks cannot survive in sunny or dry areas so make sure to mow your lawn regularly, create a safety zone between your backyard and woods by using a wood chip barrier around the perimeter, and avoid groundcover like Pachysandra. Myth #7: Ticks are the problem, NOT the deer. Ticks live commonly where mice, squirrels, birds, and deer live because these animals are their food supply. In fact, Maryland and CT based studies found that deer tick populations are directly correlated to the number of deer in the area, where tick populations and Lyme disease increased exponentially if there were >20 deer/mile2. To put this in perspective, many CT towns have over 100 deer/mile2! Over 90% of adult ticks feed on deer, each laying about 3,000 eggs, leading to a veritable breeding ground of disease! Protect yourself and your families by reducing items that deer like to munch, like nuts, ferns, mushrooms, clovers, peas, apples, and fruit. Exchange these plants for herbs, chives, daffodil, periwinkle, marigold, lily of the valley, maple and birch. Myth #8: You can’t catch Lyme disease unless a tick has bitten you. Carlomagno found that LD can be transmitted from mother to baby in utero and Schmidt found it present in breast milk. I have seen multiple family members with Lyme or other tick-borne illnesses so it is important to get the whole family tested if multiple members are symptomatic. Additionally, Bransfield mentioned some autistic children testing positive for Lyme disease (20-30%) and Mycoplasma (58%) had improvement of their symptoms with antibiotic treatment, showing that infection may mimic some symptoms of autism. It is very important to see a physician at the first signs of illness, as Dr. Krause has shown that early diagnosis and treatment greatly reduce length and severity of symptoms. Lastly, natural treatments like Samento and Banderol, have been proven in vitro by Eva Sapi to work better on Lyme disease than the standard doxycycline! These natural products can stop the many forms of LD, including cyst forms, and can even breakdown its biofilm layer, making it very important to explore natural methods of treatment.”

070. ND Hinchey ND Houser Pages at drhinchey.com and taovitality.com

a) from shop.taovitality.com/pages/naturopathic-medicine:

“Naturopathic Medicine When you're not getting answers to your health issues, natural medicine could be the solution you have been searching for. Perspectives on Naturopathic Medicine At our practice, we believe that there are many perspectives and approaches to naturopathic medicine, and our focus is on treating the underlying causes of health issues rather than the diseases themselves. Patients often inquire whether we treat specific diseases, but the truth is that we address the root causes of these conditions. Diseases are essentially clusters of symptoms resulting from disruptions in the body’s biochemistry, and once we identify and correct these disruptions, the body can heal itself. Our goal is to assist the body in functioning at its optimal health potential, which typically begins with optimizing gut function. This includes identifying food sensitivities or allergies, restoring beneficial gut flora, and replenishing nutrient deficiencies. We believe that by helping the body heal and restore its functionality, there is essentially no "disease" that cannot be addressed. The symptoms of disease are simply messages from the body indicating that something is amiss—whether it’s a lack of necessary nutrients or the presence of harmful substances. It's really that straightforward. Principles of Naturopathic Medicine 1. The healing power of nature (Vis medicatrix naturae) The body has an inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the body’s vital life force. It is the role of the naturopathic physician to facilitate this natural process by identifying and removing obstacles to health and recovery and to promote a healthy internal and external environment for the body to heal. Principles needed to heal include adequate sleep, exercise, proper nutrition and, if needed, herbs which can move the body toward health without common side effects posed by some synthetic pharmaceuticals. 2. Identify and treat the cause (Tolle causam) The underlying root cause of disease must be identified and removed for complete healing to take place. Illness does not occur without reason. Symptoms express the body’s attempt to heal, but are not the cause of the illness. It is the role of the naturopathic physician to identify the root cause of the illness and treat it, which will alleviate the symptoms. 3. First do no harm (Primum non nocere) Illness is a purposeful process of the organism. The process of healing can cause the manifestation of symptoms, which are an expression of the body’s vital force attempting to heal itself. Any therapy that interferes with this natural healing process by masking or suppressing symptoms without removing the underlying cause is harmful and should be avoided. The natural life force of the individual must be supported to facilitate the healing process. 4. Treat the whole person (Tolle totum) The core component of naturopathic medicine is the belief that health must go beyond treatment of immediate symptoms as in allopathic medicine. Instead, the person is seen as a whole, involving many complex interacting facets. Thus, treatment of the entire person (physical, mental, emotional, and spiritual) is necessary for recovery from and prevention of disease. 5. The physician as teacher (Docere) The cooperative relationship between doctor and patient is essential to healing. The physician’s major role is to educate and encourage the patient to be

responsible for his or her own health. 6. Prevention is the best cure The ultimate goal is prevention. Emphasis is on building health not fighting disease. This is attained by building healthy internal and external environments for the body, assessing risk factors specific to each patient, and determining an individualized protocol to strengthen weaknesses and promote balance to ward off disease. Goals of Naturopathic Medicine Naturopathic medicine was established in the eighteenth and nineteenth centuries and has its origins in the Nature Cure movement of Europe. The term was coined in 1895 by John Scheel and popularized by Benedict Lust, the “father of U.S. naturopathy.” Naturopathic philosophy favors a holistic approach and minimal use of surgery and drugs. Naturopathy comprises many different treatment modalities. The naturopathic physician uses gentle methods to boost the body’s vital ability to heal and maintain itself, including nutritional supplements, herbal remedies, proper diet, and exercise to restore health. The doctor works with the patient to educate him or her on ways to restore and maintain a healthy balance in the internal environment that will prevent further illness. Successfully Treated Diseases/Symptoms All of that being said, we have successfully treated patients who have come in with the following diseases/symptoms: Acne Allergies (environmental & food) Asthma, autism, ADHD Bronchitis Lyme (& co-infections) Obesity Diabetes (type 1 &type 2) Insulin resistance/pre-diabetes Metabolic syndrome Autoimmune disease Hypertension Hypercholesterolemia High triglycerides Fibromyalgia Chronic fatigue syndrome Ulcerative colitis Crohn’s disease IBS PMS PMDD Depression Anxiety Insomnia Hypothyroid Parkinson’s disease Psoriasis OsteoporosisHot flashes Memory issues Vaginal atrophy Low libido Hormonal imbalances Prostate enlargement Systemic Vaginal yeast infections. Training of a Naturopathic Physican Naturopathic physicians are licensed primary care providers in many states, completing a four-year graduate program at a naturopathic medical school. They are trained in basic medical sciences, spinal manipulation, acupuncture, nutrition, and various other therapies. To become licensed, graduates must pass the NPLEX exams and meet state-specific requirements. Naturopathic physicians blend modern diagnostic techniques with traditional healing methods, offering a balanced approach that honors both science and nature Regulations of a Naturopathic Medicine The Council on Naturopathic Medical Education (CNME) was established in 1978 as the accrediting agency for naturopathic medical institutions, educational programs, and post-graduate residency programs in the United States and Canada. Recognized by national naturopathic professional associations and the North American Board of Naturopathic Examiners (NABNE), CNME accredits four-year naturopathic colleges and programs of study in both countries Naturopathic Medicine & How It Can Help You When you're not getting answers to your health issues, natural medicine could be the solution you have been searching for. It’s an all-too-common scenario...”

b) from shop.taovitality.com/pages/hyperbaric-oxygen-therapy:

“Hyperbaric Oxygen Therapy (HBOT) at TAO Vitality Discover the transformative power of Hyperbaric Oxygen Therapy (HBOT)—an innovative treatment that addresses health concerns at the root cause. Whether you’re seeking to optimize overall health or target specific conditions, HBOT offers a science-backed, safe, and

non-invasive solution. What is HBOT? Hyperbaric Oxygen Therapy involves breathing pure oxygen in a pressurized environment. This increases oxygen levels in your blood and tissues, promoting cellular repair, reducing inflammation, and enhancing healing throughout the body. HBOT is a passive, easy treatment—simply relax while the technology works for you. Benefits of HBOT HBOT supports recovery, healing, and health optimization for a variety of conditions, including: Wound Healing Post-Concussive Syndrome Dementia & Alzheimer's Disease Cancer Lyme Disease Autism Inflammation & Detoxification Neurological Conditions (e.g., Stroke, TBI, Cerebral Palsy) Age-Related & Degenerative Diseases Stem Cell Growth Sports Injuries Chronic Pain Migraines & Fibromyalgia Multiple Sclerosis & Parkinson's Disease Asthma, Allergies, & Arthritis Depression Chronic Fatigue Syndrome and more! Recommended HBOT Protocol To maximize the cumulative effects of HBOT, we recommend: 40 hours in 30 days Sessions of 60–120 minutes, 1–2 times daily, 5 days a week This intensive schedule ensures optimal results for healing, recovery, and long-term health benefits."

c) from shop.taovitality.com/pages/acupuncture:

"Acupuncture Right for You? Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), balances the body's energy through a network of meridians associated with specific organs. By addressing the root causes of imbalance, acupuncture promotes overall wellness and helps the body heal naturally. Common Conditions Treated with Acupuncture Pain, Migraines, and Headaches Targeted acupuncture points relax muscles and block pain signals to the brain, providing relief for chronic or acute pain. Digestive Issues Acupuncture supports the stomach, spleen, liver, gall bladder, and large intestine meridians to address issues like constipation, diarrhea, heartburn, and hemorrhoids. Anxiety and Insomnia By balancing deficient yin or dispersing excess yang, acupuncture addresses stress, anger, worry, fear, and grief to improve sleep and reduce anxiety. Smoking Cessation The NADA protocol, focusing on five ear acupuncture points, helps manage nicotine addiction while supporting detoxification and lung health. Women's Health Acupuncture is highly effective for menstrual irregularities, PMS, and infertility. By supporting liver qi, spleen qi, and kidney health, it restores balance to the body's natural rhythms and supports fertility treatments. Pregnancy Support Acupuncture has been used for centuries to turn breech babies, stimulate labor, and prepare the body for childbirth. Why Choose TAO Vitality for Acupuncture? Dr. Marisa Houser combines her expertise in TCM with a deep understanding of modern wellness practices. From stress relief to targeted pain management, his personalized approach ensures that each treatment supports your body's unique needs. take the first step toward greater health and vitality!"

d) from shop.taovitality.com/pages/braintap-therapy:

"Unlock Your Brain's Full Potential with BrainTap at TAO Vitality Ready to access a simple yet powerful tool to transform your brainwaves, beliefs, and overall well-being? With BrainTap, you can effortlessly heal, improve sleep, boost weight loss, and even overcome addictive tendencies—all by optimizing your brain's peak potential. What is BrainTap? BrainTap is a revolutionary technology that combines

light and sound frequencies to guide your brain into balanced, restorative states. In just 22 minutes of deep relaxation, BrainTap helps you: RELAX: Experience rest and recovery with proven scientific techniques. REBOOT: Clear mental clutter, reinforce valuable insights, and enhance memory. REVITALIZE: Build resilience, sharpen focus, and boost energy for life's demands. Backed by neuroscience, BrainTap is a quick and easy way to reduce stress, improve sleep, and optimize overall brain health—anytime, anywhere. How Does BrainTap Work? BrainTap creates a symphony of brainwave activity using exclusive neuro-algorithms that naturally guide your mind through a broad spectrum of brainwave states. Unlike traditional meditation, which focuses only on Alpha states, BrainTap generates full-spectrum brainwave activity for: Heightened awareness Creative thinking Deep relaxation Enhanced learning and healing."

e) from shop.taovitality.com/pages/functional-medicine-detox:

"Functional Medicine Nutrition Detox Program Are You Ready to Transform Your Health? Sick of feeling tired, sluggish, or moody? Struggling with bloating, weight issues, or skin problems? Does brain fog, poor sleep, joint pain, or low libido affect your daily life? If your answer is "yes" to any of these, it may be time to take control with a scientifically proven, clinically effective 10-Day Functional Metabolic Detox. This comprehensive program is designed to address your symptoms at the root cause, helping you reset and reclaim vibrant health from the inside out. Why Detox? Our world is filled with toxins—from over 77,000 man-made chemicals to hidden environmental pollutants like heavy metals, pesticides, and plastics. These external invaders, coupled with internal stressors like pathogens, free radicals, and metabolic waste, put your body under immense strain. Your liver, the body's natural detoxifier, works tirelessly to filter these toxins and protect your vital systems. But when overwhelmed, it struggles to keep up. The result? Toxins get stored in fat tissues, leading to inflammation, weight gain, hormonal imbalances, and a cascade of uncomfortable symptoms. A well-supported detox provides your liver with the targeted nutrients it needs to clear this toxic backlog, reset your system, and restore balance. What Makes This Detox Different? Our 10-Day Functional Metabolic Detox combines cutting-edge functional medicine with practical, easy-to-follow protocols. It's not about deprivation—it's about nourishment. With the right tools and guidance, you can: Boost energy and mental clarity. Balance your mood and hormones. Enhance metabolism and weight loss. Reduce inflammation and joint pain. Improve digestion and nutrient absorption. Enjoy better sleep and increased libido. When Is the Best Time to Detox? Detoxing is most effective: Quarterly, as your body adjusts to seasonal changes. When you're feeling unwell, sluggish, or out of sync. If you've been exposed to stress, processed foods, or environmental toxins. What Can a Detox Help With? This program is designed to target a wide range of health concerns, including: Weight and metabolism: Rev up a sluggish system. Inflammation: Calm your body's response. Hormones: Support balance for optimal health. Digestion: Relieve bloating and discomfort. Energy and focus: Sharpen your mind and boost vitality. Skin health: Achieve a clearer, more radiant complexion. Why Now? The sooner you take steps to reset your health, the better you'll feel. Imagine waking up energized, free of pain, and excited to tackle your day. Our

program is simple, effective, and designed to fit into your busy life. Here’s What You’ll Get: Expert Guidance: Work closely with a trained clinical nutritionist or join a physician-monitored online detox community. Scientifically-Backed Program: Each step is rooted in functional medicine and proven to support your body’s natural detoxification pathways. Community Support: Access a supportive network of others on the same journey.”

f) from shop.taovitality.com/pages/hinchey:

“Myriah Hinchey As a naturopathic physician specializing in Lyme disease, my mission is to empower patients with chronic and complex illnesses to reclaim their health and vitality through compassionate care, education, and cutting-edge integrative therapies. My practice is rooted in an approach that respects the individuality of each patient, addressing not only the physical manifestations of disease but also the emotional, mental, and spiritual dimensions of healing. Every single patients’ journey with chronic illness is unique, and I honor that individuality. Education is a cornerstone of my mission, and I’m passionate about providing the tools patients and practitioners need to actively participate in their healing journey. Lyme disease is often misunderstood and underdiagnosed, and I’m dedicated to raising awareness about this complex illness. Through speaking and education, my goal is to disseminate as much accurate info as possible, challenge misconceptions, and advocate for improved diagnostic and treatment protocols. By educating both the public and the medical community, I hope to contribute to a broader understanding and better outcomes for all those affected by Lyme disease. About Dr. Myriah Hinchey Dr. Myriah Hinchey is a licensed naturopathic physician, speaker, presenter, educator, and pioneer in the integrative and naturopathic medicine space, and a distinguished Fellow of the Medical Academy of Pediatric Special Needs (MAPS). As the owner and esteemed medical director of TAO: Center for Vitality, Longevity, & Optimal Health, located in Hebron, Connecticut, she has achieved resounding success in her multidisciplinary integrative medical practice. Active both in her clinic and online, her efforts in pioneering a new path for healing are far reaching both digitally and in real time. Education Licensed Massage Therapist (LMT) 1998 – Dr. Hinchey has been a licensed massage therapist since 1998 from the Connecticut Center for Massage Therapy, specializing in CORE myofascial release, acupressure, and deep tissue massage, integrating the Japanese healing art of Reiki into her sessions. Bachelor Degree in Psychology 2000 – Completed her bachelor’s degree in psychology from the University of Connecticut in 2000, receiving the New England Scholar Award. Doctorate of Naturopathic Medicine 2005 – After completing her Pre-Medical requirements, Dr. Hinchey earned her Doctorate of Naturopathic Medicine from The University of Bridgeport College of Naturopathic Medicine in 2005. Training & Certifications Medical Acupuncture Certified 2006 – Received her certificate in Medical Acupuncture for Physicians from Briarwood College in 2006. She is also certified in Facial Rejuvenation with Acupuncture and Chinese Herbs from the Swedish Institute in New York City and completed training in Auricular Acupuncture for Chemical Dependency and Detoxification at the Lincoln Recovery Center in the Bronx, New York. 2009 – Completed additional training with DAN! Clinician, Dr. Nancy O’Hara where she

learned hands-on how to treat children on the autism spectrum as well as those with severe ADHD. Preceptorship with Debra Anastasio ND Dr. Hinchey completed an advanced preceptorship with Dr. Debra Anastasio who specializes in treating children with neurodevelopmental disorders and women's reproductive health. First Line Therapy Certified Dr. Hinchey obtained her certification for First-Line Therapy (FLT) by Metagenics and has been using Therapeutic Lifestyle Change (TLC) as the main focus of her practice. Teaching patients how to make simple but crucial lifestyle choices on a daily basis has been the most challenging but effective medicine thus far. MAPS Certified Dr. Hinchey is in the process of becoming MAPS Certified, which focuses on the treatment of Autism Spectrum Disorders (ASD). The level of mastery that MAPS fellows (FMAPS) achieve in the field of complex pediatric conditions makes them among the best-prepared practitioners in this field. MAPS are a group of professionals who offer a Comprehensive Education & Fellowship to Medical Professionals for the care of children with Autism Spectrum Disorders (ASD) and related chronic complex conditions. The rapidly increasing scientific evidence-based material that supports the medical treatment of autism spectrum-related medical disorders is evolving and passed on to practitioners in a systematic, in-depth course of study, in order to have the greatest impact on this medically complex pediatric population. Mentorship with Autism specialist, Nancy O'Hara MD Learned hands-on during a yearlong weekly Mentorship, how to treat children with ASD, PPD, and ADHD. Mentorship with ILADS physician Dr. Tom Moorcroft 2012 – Mentored with ILADS physician Dr. Tom Moorcroft to further knowledge around an integrative approach to treating Chronic Lyme disease and other tick-borne illnesses. Training with Lyme expert Dr. Richard Horowitz, MD. 2020 – Attended training with renowned Lyme expert and author Dr. Richard Horowitz, MD. Conferences 2019 – Created and hosted the first Eastern Connecticut Lyme Conference. 2021 – Present annual lymebytes Mentorship with Autism specialist, Nancy O'Hara MD Learned hands-on during a yearlong weekly Mentorship, how to treat children with ASD, PPD, and ADHD. Mentorship with ILADS physician Dr. Tom Moorcroft 2012 – Mentored with ILADS physician Dr. Tom Moorcroft to further knowledge around an integrative approach to treating Chronic Lyme disease and other tick-borne illnesses. Training with Lyme expert Dr. Richard Horowitz, MD. 2020 – Attended training with renowned Lyme expert and author Dr. Richard Horowitz, MD. Conferences 2019 – Created and hosted the first Eastern Connecticut Lyme Conference. 2021 – Present annual lymebytes Professional Affiliations Dr. Hinchey has been a member of the Connecticut Naturopathic Physician Association (CPNA) since 2005. She is also an adjunct faculty member of the International Lyme and Associated Diseases Society (ILADS) since 2014 where she has been a featured speaker during their annual conference.ILADS is a nonprofit, international, multi-disciplinary medical society, dedicated to the diagnosis and appropriate treatment of Lyme and its associated diseases. ILADS promotes understanding of Lyme through research and education and strongly supports physicians and other health care professionals dedicated to advancing the standard of care for Lyme and its associated diseases. In addition, Dr. Hinchey is the owner and a founding partner of LymeCore Botanicals LLC."

071. NDs Colicci, Hickson, Abraham, Zangara, Bochi Pages at drnataliecolicci.com

a) from drnataliecolicci.com/dr-colicci:

“Dr. Natalie Colicci, ND, MS, CNS, CHt, MIFHI: Dr. Natalie Colicci is a licensed Naturopathic Physician in Connecticut and a licensed Nutritionist in both Connecticut and Florida. She is a Certified Acupuncture Practitioner and Hypnotherapist as well. She completed her Bachelor of Science in Forensic Science, with a minor in Chemistry, at the University of New Haven in West Haven, CT. Dr. Colicci attended medical school at the University of Bridgeport College of Naturopathic Medicine and received her Masters of Science in Clinical Human Nutrition from the Nutrition Institute at the University of Bridgeport in Bridgeport, CT. Upon graduating from medical school, Dr. Colicci trained with her mentor, world renowned Naturopathic Physician and author of Eat Right 4 Your Type (The Blood Type Diet) and The Genotype Diet, Dr. Peter J. D'Adamo. This mentorship included advanced studies in Generative Medicine and Nurtigenomics, treating patients in all stages of life from all over the world. Dr. Colicci has a Master Level certification from the Institute of Human Individuality and the Certification Board for Nutrition Specialists. She has completed certification in the First Line Therapy therapeutic lifestyle medicine program and Longevity Through Fasting and Nutrition. She completed a certificate in Nutrigenomics: Genetic Testing for Personalized Nutrition with the Dietitians of Canada. She completed her certification as a hypnotherapist, with a specialized certification in Hypnotic Pain Relief, from the National Hypnotherapy Training Center in Albuquerque, NM. She has completed specialized training in mold exposure treatment. She is a member of the American Association of Naturopathic Physicians, the International Medical and Dental Hypnosis Association (IMDHA) , the Connecticut Association of Naturopathic Physicians, the Certification Board of Nutrition Specialists, and the American Nutrition Association. Dr. Colicci incorporates a combination of generative medicine, botanical medicine, functional nutrition and acupuncture when treating her patients. She has extensive experience in gastrointestinal and endocrine disorders as well as weight management. She specializes in chronic and autoimmune disease. Dr. Colicci makes continuing education a priority to ensure her patients benefit from the newest advancements in clinical research. Dr. Zoe Hickson, ND: Dr. Zoe Hickson is a licensed Naturopathic Physician in the state of Connecticut, as well as a Certified Acupuncture Practioner. She completed her Bachelor of Science in Biology at Clark Atlanta University in Atlanta, Georgia. She completed her medical training at the University of Bridgeport College of Naturopathic Medicine in Bridgeport, Connecticut. During Dr. Hickson’s clinical education, she was extensively trained in mind body counseling, nutritional medicine, women’s health, autoimmune disease, metabolic disorders, integrated cancer treatment and prevention, gastrointestinal disorders, endocrine imbalances and food allergy/sensitivity analysis. Her clinical training has provided her experience in pediatrics through geriatrics. Upon graduation, Dr. Hickson continued her clinical training through a mentorship with Dr. Colicci. This mentorship included extensive training in nutrigenomics, incorporating both Eat Right 4 Your Type (The Blood Type Diet) and The Genotype

Diet, as well as individualized holistic medicine with a foundation in science. Dr. Hickson is a member of the American Association of Naturopathic Physicians. Her areas of specialty include women's health, and treatment of inflammatory, endocrine and metabolic disorders through functional, botanical and nutritional medicine. Dr. Angel Abraham, ND: Dr. Angel Abraham is a licensed and dedicated Naturopathic Physician in Connecticut. She earned her Doctorate in Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine. Dr. Abraham also completed extensive studies in the Nutrition and Integrative Health Graduate Program at the Maryland University of Integrative Health, along with earning undergraduate degrees in English and Psychology at SUNY. Passionate about treating the whole person, Dr. Abraham works with patients of all backgrounds, providing compassionate care that supports physical, social, and emotional well-being. Her specialties include detoxification/environmental medicine, and immune-related diseases. She treats a wide range of conditions including allergies, chronic skin disorders (eczema, hidradenitis suppurativa), autoimmune conditions, and chronic post-viral syndromes. As a nutrition expert, Dr. Abraham is passionate about helping patients who value the healing power of food. Inspired by her love of biology and the human body's innate ability to heal, Dr. Abraham's journey into Naturopathic Medicine stems from personal experiences. She has successfully managed her own health challenges, including PCOS and hypothyroidism, using nutrition and mindfulness. Dr. Abraham is excited to support and guide her patients on their unique paths to wellness, empowering them to achieve long-lasting health. Dr. Maria Zangara, ND, Dipl.Ac Lac: Dr. Zangara is both a licensed Naturopathic Physician and Licensed Acupuncturist in the state of Connecticut and New York. Dr. Zangara attended Stony Brook University, in New York where she received a Bachelor of Arts in Italian/Spanish literature and Education. She completed her medical training at the University of Bridgeport College of Naturopathic Medicine and received her Master of Science in Acupuncture from the Acupuncture Institute at the University of Bridgeport in Bridgeport, CT. After graduating and receiving her Doctor of Naturopathic Medicine, Dr. Zangara helped her mentor, world renowned author and physician Dr. Peter D'Adamo, launch his new clinic, where she practiced until its recent closing in June 2018. Dr. Zangara is versed in Generative medicine, The Blood Type and GenoType Diets, Nutrigenomic consultations, and Microbiome analyses, Acupuncture and Traditional Chinese Medicine. She has advanced training in the application of acupuncture techniques in the area of infertility challenges of both men and women. Dr. Zangara has a Master Level certification from the Institute of Human Individuality. She has completed certification in the First Line Therapy therapeutic lifestyle medicine program. She is a member of the American Association of Naturopathic Physicians, the Connecticut Association of Naturopathic Physicians, the New York Association of Naturopathic Physicians, and serves on the board for the Institute of Naturopathic Generative Medicine. Dr. Alena Bochi, ND: Dr. Alena Bochi is a licensed Naturopathic Physician in the state of Connecticut. She completed her Bachelor of Science in Biology at Pace University in Westchester, New York, where she received a full scholarship to play tennis. Dr. Bochi attended medical school at the University of Bridgeport College of Naturopathic Medicine in Connecticut. She is currently finishing her Master of Science at the University of

Bridgeport Acupuncture Institute, after which she intends to pursue a Master of Science in Chinese Medicine. During her clinical education, Dr. Bochi studied with world renowned Naturopathic Physician and author Dr. Peter J. D'Adamo, where she learned Generative Medicine, The Blood Type and GenoType Diets, Nutrigenomics and Microbiome analyses. Dr. Bochi has completed a certification in the First line Therapy therapeutic lifestyle medicine program and as well as a Personal Training Certification through The National Academy of Sports Medicine. Dr. Bochi is fluent in Spanish."

b) from drnataliecolicci.com/diagnostic-testing:

"Diagnostic Testing. Standard Laboratory Testing and Imaging: We use Quest Diagnostics laboratory for our standard laboratory testing such as: complete blood count, chemistry panels, cholesterol screening, fasting blood sugar, thyroid testing, urine testing, throat and general bacterial cultures, etc. For those patients requiring imagining services, we refer to local radiology centers. Specialty Testing - Autoimmune, Tick Bourne, Stool Analysis, Food Allergy, etc. We use a variety of specialty laboratories throughout the country that analyze innovative biomarkers. These tests are designed to provide a more complete understanding of specific biological systems that can help physicians diagnose and treat or prevent chronic disease. DNA Analysis - Opus23 Pro: Opus23 Pro is a software program that aids our physicians in interpreting raw genomic data from 23andMe® and Ancestry.com® tests and translate it into clinically relevant information that can be used to institute preventive or therapeutic actions, allowing for precision personalized care."

c) from drnataliecolicci.com/acupuncture:

"Acupuncture. Acupuncture is one of the keystones of Traditional Chinese Medicine (TCM), a 5,000 year old approach to medicine which is as valid today as it was five millennium ago. The oldest medical text book in the world, 4,700 years old, describes acupuncture and the theory behind it. The fundamental theory surrounding TCM is that there is an energy force flowing throughout the body. This force, known as Qi, comprises all of the essential aspects of life--physical, emotional, and spiritual. Qi flows through various channels throughout the body, called "meridians". When the flow of Qi is impeded, illness can result. According to TCM, there are fourteen primary meridians running in pairs vertically up and down the surface of the body. When the body is balanced, all is well. However, there are times when the body falls out of balance and this balance must be restored through traditional Chinese medicinal practices. TCM teaches that the body falls out of balance due to an imbalance of two forces that comprise Qi: Yin and Yang. Yin and Yang are opposite forces, like the positive and negative forces surrounding an atom. Just as an atom is composed of both positive and negative charges and cannot be found alone, so living beings and their components are composed of Yin and Yang that constantly flow among each other to create the Qi. When there is too much Yin or too little Yang or too little Yin and too much Yang, the Qi is disturbed, the body falls out of balance, and there is illness. Acupuncture is used to restore the imbalance between Yin and Yang and allow the Qi to freely flow throughout the meridians. Acupuncture points are specific locations where the Meridians come to

the surface of the skin and are easily accessible by "needling" them. This needling restores the balance of Yin and Yang and improves the flow of Qi. Western scientists have noted the successful applications of acupuncture and have tried to determine why it works. Some of the popular theories include: That the stimulated points raise the level of hormones in the body and improve the overall body's immunity levels. Certain neurotransmitters such as serotonin and noradrenaline are stimulated by acupuncture. Acupuncture dilates the blood vessels, possibly by stimulating the body to release vasodilators such as histamine. Acupuncture stimulates the secretion of endorphins to reduce pain. Acupuncture affects the ability of the nervous system to perceive pain. Acupuncture can help with many conditions and is often prescribed by our physicians for hormone imbalance and infertility, pain management, anxiety and depression, insomnia, smoking cessation and even acute conditions like sinus infections!”

d) from drnataliecolicci.com/10-day-clear-change-detox:

“10 Day Clear Change® Program. A safe and effective science based metabolic detox program without the hassles or hunger* How do you really feel? Do you often feel tired or have a lack of energy? Do you have sore muscles for no apparent reason? Do you have difficulty concentrating? Are you easily irritated or moody? Do you have trouble sleeping? Do you wake up feeling unrefreshed? Do you feel bloated or gain weight easily? Do you have digestive or intestinal discomfort? Do you feel like you’re not as healthy as other people your age? If you answered “yes” to any of the questions above, then you may benefit from our science-based metabolic detoxification program! The Clear Change® Program was scientifically designed to support the body’s natural process of metabolic detoxification—helping to remove unwanted compounds to keep your body running and feeling its best.* This clinically designed program includes: Targeted support with a nutritional supplement, powdered nutritional product, and shaker cup. Program guide with easy-to-follow instructions, menu plans, and recipes Low-allergy-potential food plan with a wide range of choices and no calorie restrictions Live onboarding webinar, mid program one on one phone call, and conclusion webinar with our board-certified Health Coach Angie Email and Online support in our private Facebook group moderated by our board-certified Health Coach Angie Post program access to our meal planning software Living Plate Rx® The Clear Change® Program is a smart routine for long-term wellness. It enhances the body’s natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities, supporting energy metabolism and overall well-being. It includes science-based nutritional recommendations for balanced metabolic detoxification support, along with a simple eating plan that removes common foods that can increase internal burden. Best of all, you can still enjoy a variety of solid foods without going hungry.* Not all detoxification programs are “safe.” A science-based detoxification program can be an important step in promoting better health, as it will help clear unwanted compounds out of your body and may leave you feeling better and more energized.* The Clear Change® Program begins with the initial group webinar live on Wednesday, January 7th at 6:30 pm. Program kicks off Monday, January 12th. Mid-program one on one calls on Friday, January 16th will be

personally scheduled. Closing-program webinar live on Tuesday, January 20th at 6:30 pm. Program ends on Wednesday, January 21st. * These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Questions? Call the office 203-371-1021 or email at office@drnataliecolicci.com 10 Day Clear Change® Program - $199.99 You can join our program by clicking the link below. We will contact you when your program kit is ready for pick up at the office. If you require shipping, please contact the office. In the words of participants..."

e) from drnataliecolicci.com/individualized-nutrition:

"Individualized Nutrition. One individual's food is another individual's poison.... According to clinical research, much of the food allergies (even those you are not aware you even have!) are actually immune system reactions to lectins—sugar binding proteins that are found in many foods you consume. You may not have heard of lectins, but they are not a new discovery. As early as 1946, research talks of lectins sticking and clumping to your blood cells and is the foundational basis on which Eat Right 4 Your Type, also know as the Blood Type Diet, by Dr. Peter J. D'Adamo, is written. The number of individuals developing food allergies and other digestive issues has continued to increase as lectin-filled foods have slowly taken over our diets. Your genetic makeup determines how and to what degree these lectins affect you, which explains why food allergies usually run in families. Your ancestors didn't eat the types of foods you consume today, and your immune system may not be able to handle the avalanche of lectins in the typical American diet. For example, today's wheat contains nearly 90 percent more of the lectin called gluten than wheat produced two generations ago - couple that with the fact that you can find gluten added to many food products and your digestive system most likely experiences lectin overload. Imagine now that this is only one dietary lectin known to be problematic for many individuals! Besides digestive complaints of cramping, flatulence, diarrhea or constipation, dietary lectins can also cause: Migraines, headaches, brain fog and poor concentration Bloating, puffiness and weight gain Chronic fatigue Chronic sinusitis and allergies Joint stiffness and inflammation. ADD and ADHD And much more! Our application of nutrition focuses on nutrigenomics; the study of the effects of foods and food constituents on gene expression with relation to the increase and decrease risks of disease. The premise underlying nutrigenomics is that diet can influence health by affecting epigenetics, or the way each individual expresses their genetic makeup. Imagine having a family history of cardiovascular disease or diabetes. Now imagine reprogramming the expression of your genes to take it out of the picture for future generations. This is the application of nutrigenomics. This is an area of medicine which is being highly researched in current times. Our doctors use the science of individuality developed by Dr. Peter J. D'Adamo, with whom Dr. Colicci trained, instituting both the Blood Type and GenoType diet systems with a unique software program called SWAMI written by Dr. D'Adamo himself. After an extensive and in-depth intake, we provide our patients completely tailored nutritional guides, based specifically on not only their medical history, but with consideration of family medical history as well in order to apply a preventive approach to their health and wellness. Nutritional guides

contain 900+ different whole foods strategically placed into a diet completely their own using state of the art software. Patients are also provided with recipes containing foods recommended beneficial for them and access to their very own online meal planner. SWAMI GenoType®, North American Pharmacal Inc.®, D'Adamo Personalized Nutrition®, Dr. Peter D'Adamo®."

f) from drnataliecolicci.com/comprehensive-visit:

"Comprehensive Naturopathic Visit. Our office treats both acute and chronic conditions. For the initial visit to our office, most patients opt for the comprehensive visit which includes completely tailored nutritional guides, based specifically on not only their medical history, but with consideration of family medical history as well, in order to apply a preventive approach to their health and wellness - see the Individualized Nutrition section. This visit is approximately two hours long completed over two separate appointments, during which time you will meet personally with our physicians who will take your complete history, perform a physical exam and conduct several tests to create a comprehensive health profile. Based upon the results of your tests, you will receive a personalized diet and cookbook developed for you by your physician and a supplement protocol if indicated by their findings. Other appointment options are available for those patients not interested in immediate dietary intervention. To learn more about these appointments please contact the office 203.371.1021."

g) from drnataliecolicci.com/dispensary:

"Visit Our Online Dispensary. Our many years of clinical experience allows us to pick the best and most effective nutriceuticals in the industry for you. We want to make sure what we prescribe is exactly what you are getting! Our online dispensary carries only the highest quality nutriceuticals. We have all heard the news stories of nutriceutical companies and their questionable manufacturing processes. The professional brands we carry meet the strongest manufacturing practices. What does that mean to you? It means that the bottle of vitamin B6 50 mg you purchased, not only contains B6, but also 50 mg of it! THE DISPENSARY CAN ONLY BE ACCESS BY OUR PATIENTS VIA PASSWORD. Please call the office at 203-371-1021 or email at office@drnataliecolicci.com for the password."

h) from drnataliecolicci.com/facial%2Fbody-rejuvenation:

"Facial Rejuvenation and Light Therapy. Facial Rejuvenation Acupuncture. Facial acupuncture stimulates the lymphatic and circulatory systems, which deliver nutrients and oxygen to your skin cells. This nourishes the skin, smooths your complexion, and creates a healthy facial glow! Facial acupuncture also stimulates collagen production which improves elasticity – smoothing out those fine lines and wrinkles. Single Treatment - $185.00 Save with Packages 6 Treatments - $1,054.50 12 Treatments - $1998.00. TCM Micro-Needling and Nano-Needling. TCM Micro Needling is a procedure that uses very tiny needles to puncture the very first layer of skin. This process works to rejuvenate your skin by boosting collagen production,

which in turn reduces the appearance of wrinkles, fine lines, scars and hyperpigmentation, as well as elevates the overall texture of your skin. Nano Needling is beneficial for older skin as it is gentler and works to diminish under eye bags. It is similar to Micro Needling but can be done every 2 weeks instead of 4, and can even be used on active acne. Pharmaceutical grade serums, such as Swiss Apple Stem Cells, which promote cell reproduction, are used during these treatments. Ask about the various serums we use. Single Treatment - $400.00 Save with Packages 4 Treatments - $1520.00 8 Treatments - $2800.00. Celluma Light Therapy. LED phototherapy is the application of light energy to tissue to obtain therapeutic benefits. The energy is used to improve cellular performance. Phototherapy is known for its healing and anti-inflammatory properties. Research has shown that phototherapy can: increase circulation, accelerate tissue repair, decrease wrinkles, decrease inflammation, improve skin tone and wrinkles, texture and clarity, ease muscle and joint pain, stiffness, spasm and arthritis, kill acne bacteria, and much more. Single Treatment - $50.00 Save with Packages. 4 Treatments - $190.00 8 Treatments - $360.00. Contour Light Therapy: Contour Light is the latest advancement in non-invasive body contouring technology. Naturally slim, shape and tone all areas of the body safely without surgery or pain. Contour Light is effective on body areas that are resistant to diet and exercise: waist, hips, thighs, arms and chin. Unlike ultrasound, radio frequency, laser light, or freezing, LED-based therapies do not cause cellular damage. Not only does the Contour Light not cause damage or pain, it has actually been shown to promote a natural healing response in the body. A Contour Light session is pain-free, with no heat or discomfort. Single Treatment - $175.00. Save with Packages. 3 Treatments - $498.75 6 Treatments - $945.00 12 Treatments - $1785.00.”

i) from drnataliecolicci.com/f/winter-wellness-boost-your-immune-system-naturally:

“Winter Wellness: Boost your Immune System Naturally. January 10, 2024. As the season of snowflakes and cozy blankets settles in, so does the need to boost our defense against the winter blues and seasonal sniffles. In this guide, we'll explore alternative solutions from the world of naturopathy to keep your immune system strong and resilient during the winter months. Understanding the Immune System: The immune system is your body's natural defense mechanism, working tirelessly to protect you from harmful invaders. It consists of a complex network of cells and proteins that identify and eliminate threats like viruses and bacteria. These immune cells have the ability to recognize and remember specific invaders, allowing your body to scale a swift and targeted defense upon encountering them again. Nurturing your immune system is essential to staying well. Let's examine several holistic strategies that go beyond the conventional, focusing on empowering your immune system naturally. The Power of Nutrition: The foundation of a strong immune system lies in the foods you choose. Opt for a colorful plate rich in fruits, vegetables, and whole grains. These foods provide essential vitamins and minerals like vitamin C, D, zinc, and antioxidants that fuel your immune system. Keep in mind that a well-nourished body is a resilient body. (1) Herbal Allies for Immunity: Explore the world of herbal support. Echinacea, and elderberry are known for their immune-enhancing properties. These botanical companions can be enjoyed as teas,

supplements, or tinctures, offering a natural boost to your immune defense. (2) Hydrate for Health: Water serves a purpose beyond quenching your thirst; it's a vital boost for immune health. Proper hydration supports the function of immune cells, helping them move freely to combat invaders. Spice it up with herbal teas like chamomile or echinacea for an extra immune kick. (3) Prioritize Restful Sleep: Quality sleep is essential for optimal immune restoration. Aim for 7-9 hours of uninterrupted sleep each night to allow your body the time it needs to repair and regenerate. Healthy sleeping habits contribute to a robust immune response. (4) Reduce Stress: Chronic stress can wear down your immune system. Incorporate stress-reducing activities into your routine, such as mindfulness meditation, deep breathing exercises, or gentle yoga. These practices not only soothe the mind but also mitigate stress's impact on immune function. (5) Move Your Body: Regular physical activity is a natural immune booster. Engage in activities you enjoy, whether it's a brisk walk, yoga, or dancing. Movement enhances circulation, allowing immune cells to patrol your body more effectively. (6) Soak up the Sun: In the winter months, when sunlight is scarce, maintaining optimal vitamin D levels is crucial. Spend time outdoors when the sun graces the sky, and consider a vitamin D supplement under the guidance of a healthcare professional. (7) Consult with an Expert: For personalized guidance on optimizing your immune health naturally, consult with healthcare professional. They can assess your health status, address underlying concerns, and recommend targeted natural therapies to optimize your immune resilience. As winter wraps up its cool embrace, let's adopt natural methods to boost our immune resilience. Through nourishing our bodies, adopting herbal allies, staying hydrated, prioritizing sleep, managing stress, moving our bodies, and seeking expert guidance, we empower our immune systems for a season of well-being and vitality. Here's to winter wellness, naturally! #WinterWellness #ImmuneBoost #Naturopathy Disclaimer: This blog post is for informational purposes only and does not constitute medical advice. Consult with a healthcare professional before making significant changes to your health regimen.”

072. NDs Kaushik and Kaushik Pages at ayurvedicnaturopathictherapies.com

a) from ayurvedicnaturopathictherapies.com/our-team/neha-kaushik:

“Neha Kaushik NMD, MPH, MS Neha Kaushik earned her Doctor of Naturopathic Medicine degree from the Southwest College of Naturopathic Medicine and her Masters in Public Health in Epidemiology from University of Alabama at Birmingham. To obtain health, it is very important for a patient to resonate with their physician. Dr. Neha is a believer in physiological healing preceding physical healing ,starting from the first visit by just being heard and cared for. She strives to provide care with the best interest and bedside manner, as well as treatment backed up by research in the field. She is currently a resident physician at the clinic and is earning her Ayurvedic degree from the Institute for the Advancement of Ayurvedic Sciences. Her goal is to empower and educate her patients towards obtaining their optimal health.”

b) from ayurvedicnaturopathictherapies.com/our-team/neeru-n-kaushik:

“Neeru N. Kaushik ND, MS Acu, MS, MA Neeru N. Kaushik earned her Doctor of Naturopathic Medicine degree from University of Bridgeport, College of Naturopathic Medicine, MS Acupuncture from the Acupuncture Institute at the University of Bridgeport, MS in Mathematics from Alabama State University and MA in Sanskrit from Punjab University, India. Dr. Kaushik has worked as a Sanskrit Instructor at the Institute of Ayurvedic Sciences, Montgomery, AL for many years where she also taught Ayurvedic Cooking before moving to Connecticut in 1999. Dr. Kaushik received her Ayurvedic training from India and from Dr. Somesh N. Kaushik, and Homeopathic and Iridology training in India. She have learned from well known Physicians James D’Adamo, ND., Ivan Bier, N.D., LAc.. and Russel Marz, ND., LAc.”

c) from ayurvedicnaturopathictherapies.com/about-us/ayurvedic-and-naturopathic-medicine-clinic-in-fairfield-6383185:

“Ayurvedic and Naturopathic Medicine Clinic in Fairfield Ayurvedic and Naturopathic Medicine Clinic in Fairfield Naturopathic medicine focuses on the healing power of nature. Naturopathic medicine blends centuries-old natural, time-tested, non-toxic therapies with current advances in the study of health, covering every aspect of family health from prenatal to geriatric care. With so many Ayurvedic alternatives out there, you may be inspired to take charge of your health. The best way to get yourself into it is starting small and gradually making incremental changes to create a lifestyle that cultivates health and well-being. The Institute for Ayurvedic and Naturopathic Therapies opened its doors in April 2006 as the only practice in Connecticut at the time to combine traditional Ayurvedic practice with research backed Naturopathic medicine. We're based in Fairfield, and you can arrange for an appointment at (203) 331-9111.”

d) from ayurvedicnaturopathictherapies.com/services/main-practices/botanical-medicine-150242717:

“Botanical medicine Botanical medicine also referred to as herbal medicine has been used extensively in Ayurvedic and Naturopathic medicine. Botanicals have been widely used in both acute and chronic conditions. There are multiple pharmaceutical medications that are derived from plants. Today, botanical medicine combines centuries old experience with evidence based research to provide the most effective and safe care to boost an individual towards health. Additionally, botanical medicine makes treatment to be individualized as they can be alone or combined as needed.”

e) from ayurvedicnaturopathictherapies.com/services/main-practices/bolan-blood-analysis-150242718:

“Bolan Blood Analysis Promoted within alternative medicine and based on extensive research into free radical activity and antioxidant therapy, live blood analysis (LBA) is a remarkable development of a standard pathology test. It uses high-resolution dark field microscopy with enhanced video magnification to observe live blood cells to diagnose, prevent, and treat any disease or impairment of, or assessment of the health of human beings. LBA diagnoses a range of diseases and provides information about the degree of oxidation in the body, organ function, the state of the immune system, possible vitamin deficiencies, amount of toxicity, pH and mineral imbalance, and other areas of concern or weaknesses. It is known to spot degenerative immune system diseases two years before being detectable and can diagnose a lack of oxygen in the blood, low trace of minerals, lack of exercise, and weak kidneys, bladder, or spleen. LBA is primarily used to monitor the progression of disease and treatment successes.”

f) from ayurvedicnaturopathictherapies.com/services/main-practices/colonic-irrigation-150242720:

“Colonic Irrigation Colon Irrigation which is also referred to as colonics or colon hydrotherapy flushes the colon. It is an effective method to remove waste from the large intestines without the use of chemicals. Filtered, temperature controlled, water is introduced into the colon, which softens and loosens exiting waste. This is not to be confused with the Ayurvedic bastis, which are herbal enemas. This therapy is used in combination with other therapies to treat chronic conditions. The treatment lasts 30 minutes to 45 minutes.”

g) from ayurvedicnaturopathictherapies.com/services/main-practices/constitutional-hydrotherapy-150242721:

“Constitutional Hydrotherapy Constitutional Hydrotherapy or hydrotherapy has proven to be very effective in the treatment of all the conditions related to poor circulation. It stimulates the body’s own self-healing mechanisms through the use of hot and cold applications. The treatment improves circulation and oxygen supply. Heat promotes blood flow to an area and smoothes tissues while cold reduces inflammation. This therapy boosts the immune system, increases circulation, improves overall nutrition, promotes detoxification, and helps balance the nervous system. This The treatment lasts 45 minutes to an hour.”

h) from ayurvedicnaturopathictherapies.com/services/main-practices/cranio-sacral-therapy-150242723:

“Cranio Sacral Therapy Craniosacral Therapy uses gentle, barely detectable, subtle movements to cause meaningful results. Emotional and physical traumas can lead to restrictions in the connective tissue, which can be relieved though the pressure and circulation changes caused in cerebrospinal fluid.”

j) from ayurvedicnaturopathictherapies.com/services/main-practices/homeopathy-150242727:

“Homeopathy This modality was developed in Germany and shares philosophies with Ayurveda, Aristotle, and Hippocrates, that ‘like treats like’. Homeopathy triggers the body’s natural defenses and uses the law of similars. Through diluted botanical and mineral remedies in the forms of tablets, liquids, powder, or creams, it stimulates the body's healing ability to cure itself. It is believed that the lower the dose of medication, the greater its efficacy. In other words, a substance taken in small amounts will cure the same symptoms it causes if taken in large amounts. Lifestyle, medical history, current symptoms, and state of mind are discussed in detail before prescribing medicine.”

k) from ayurvedicnaturopathictherapies.com/services/main-practices/iridology-150242729:

“Iridology Iridologists see the eyes as "windows" into the body's state of health. Iridology alternative medicine technique uncovers potential health conditions by examining the colored area of the eye, known as the iris. This practice generally utilizes cameras, flashlights, and microscopes to examine the patient's iris in order to detect tissue change, irregularities, and pigment patterns. Patterns, colors, and other characteristics of the iris can be examined to determine information about a patient's systemic health. Details in the iris reflects changes in the tissues of corresponding body organs and can detect hypertension, liver damage, gallbladder issues, inflammation, digestive issues, high cholesterol, allergies, and a weakened immune system.”

L) from ayurvedicnaturopathictherapies.com/blog/how-does-your-modality-help-ease-chronic-pain:

“How Does Your Modality Help Ease Chronic Pain? Ayurveda In Ayurveda, health is defined as a balance of body, mind and spirit. When imbalance occurs, illness and disease can result. The Ayurvedic approach to correcting an imbalance is to seek out and treat the root cause of the disturbance, as well as allay symptoms, while allowing the body to heal itself. While allopathic treatments focus on relieving symptoms of pain, Ayurveda is able to determine its source, correct it and relieve symptoms. In many cases, certain forms of arthritis can be reversed. Ayurveda provides safe, non-invasive, effective treatments without harmful side effects. Osteoarthritis and rheumatoid arthritis, the two most prevalent forms, have similar approaches in their treatment with Ayurveda. Ayurveda looks at the process of digestion, and whether wastes are being correctly transported from the body. If not,

the waste can accumulate and become toxic. The toxins then circulate in the body, settling in spots that are weak or vulnerable. Over time, they interfere with the absorption of nutrients; in the case of arthritis, it would be in muscles and joints, leading to deterioration, irritation and inflammation. Pain is the result, which becomes chronic. Ayurveda also looks at the immune response. A dysfunctional immune system can result in an autoimmune reaction resulting in inflammation, swelling and pain, such as associated with rheumatoid arthritis. The severity of a dysfunctional immune system can ultimately become systemic and affect other organs in the body, causing debilitating and chronic conditions. In addition to toxins resulting from poor digestion, Ayurveda determines if other toxins—such as bacteria, parasites, viruses or heavy metals—are present, and formulates a detoxification plan for removing them. A treatment plan is developed that will remedy the current situation and prevent a recurrence. This might include a detox regimen, herbal supplementation, meditation, therapeutic yoga, lifestyle counseling and dietary changes. A diet plan might include certain grains, green leafy vegetables and fruits for their anti-inflammatory properties, as well as ginger, turmeric and garlic to improve digestion and circulation. While certain body constitutions, or doshas, may be particularly vulnerable to arthritis, their respective treatment plans may vary. It is, therefore, advisable to work with an experienced practitioner to determine the correct approach for each individual. Neeru N. Kaushik, ND, MSACU, MS, MA is principal of Institute for Ayurvedic and Naturopathic Therapies, located in Fairfield. Connect at 203-331-9111 and DrKaushik@AyurvedicInstituteCT.com. See ad, page 5. Infrared Sauna For years, doctors have recommended infrared saunas because of their proven relief for back pain, sports injuries, chronic fatigue syndrome, fibromyalgia, arthritis and other chronic pain conditions. Infrared sauna heat works by penetrating joints, muscles and tissues; increasing circulation; and speeding up oxygen flow. By reducing soreness on nerve endings, infrared heat reduces muscle spasms and helps the body heal itself naturally. A 2013 study conducted at the Auburn University at Montgomery compared stretching inside an infrared sauna compared to a typical training room environment. Results showed that acute flexibility increased up to three times more in an infrared sauna than outside one. A recent Japanese study published in Internal Medicine showed that chronic pain patients experienced a nearly 70 percent reduction in pain levels after the first session of infrared sauna therapy. Pain scores also decreased significantly and remained low throughout the observation period. Infrared saunas provide anti-aging support and have been found to be highly effective for more than 30 physical and emotional medical conditions. These include anxiety, depression, sleep issues, cardiovascular issues, type 2 diabetes, ADHD, back and joint pain, inflammation and stress reduction. Research also shows that using an infrared sauna prior to receiving a therapeutic massage enhances the massage treatment’s overall effectiveness. Another pain relief tool that can be used in conjunction with infrared sauna is BEMER, a non-invasive, FDA-registered medical device from Europe that can increase blood flow and oxygen by up to 30 percent while diminishing discomfort in less than 10 minutes. Peter Chichester is the co-owner of Haute Healing Oasis in Stamford. Connect at 203-595-5304 or HauteHealingOasis.com. See ad, page 8. Acupuncture Acupuncture is safe, natural, gentle, effective and helpful for many conditions and complaints. Most

people experience positive results, and often after just one treatment. In many cases, acupuncture has worked for patients whose painful conditions did not respond to conventional approaches. When long-standing pain or injuries are the cause, then more treatments will be needed. An acupuncturist looks at the whole health history, sports traumas, falls, bumps and bruises, and other illnesses. The body likes to “remember” its history to help protect us; acupuncture helps to reduce residual effects that linger, sometimes for years. We all have times of stress, which can result in tightness, muscle knots and pains in our neck and upper back. Tightness in these areas slows down the circulation of blood and energy in the area, causing energy stagnation. Back pain is one of the top reasons people seek medical treatment, and acupuncture as well. Acupuncture is effective for acute and chronic back pain than can limit range of motion and complicate daily activities. Some back pain is accompanied by tingling and burning down the leg sciatica nerve as well. The neck is more subject to injury than any other portion of the spine. Neck pain can be mild enough that it is a mere annoyance, or severe enough that it can adversely affect the quality of one’s life and even cause headaches. Acupuncture can relieve the painful burning and tension of a stiff neck and often relief is felt at the first treatment. Typically only a few treatments are required. Acupuncture treatments can help with shoulder pain; they include points on the neck area, where relieving the extra tension provides immediate improvement. There are so many tendons and connecting tissue structures that enable the movement of the neck and arms, and we also store our stress and concern there. It also has a relaxing effect on many people; some even fall asleep during the treatment. Ingri Boe-Wiegaard has been a licensed and fully-insured acupuncturist serving Fairfield, Wilton and Bethel for over 30 years. Connect at 203-259-1660 or Ingri9@gmail.com. See ad, page 9. Orthopedic Massage Therapy Integrated manual therapy and orthopedic massage are techniques that offer gentle, pain-free approaches to restore balance around joints, release muscle adhesions and eliminate pain from injury. Many people complain of lower back pain. After sitting for prolonged periods, hip flexor muscles become shortened; adhesions build up within the joint capsule. When we stand up, the pelvis can be pulled forward, creating impingement in the lower back. The gluteal muscles “go to sleep” and, as a consequence, do not fire in the correct order when we stand up to walk, further stressing the back muscles. There is a simple protocol to correct this common ailment. First, slow, gentle joint capsule release techniques can relax and release adhesions that build up within the capsule. Secondly, the spreading of myofascial tissue returns the hip flexors to their normal resting length. Lastly, activating the glutes is key so they fire first when walking. Additionally, any minor muscle strains and ligament sprains can be treated and scar tissue realigned through specific contracted muscle lengthening movements. Following the treatment, individuals take home several daily, self-care recommendations to keep the hips freely moving and the glutes activated. This is just one example of how orthopedic massage can reduce pain and improve function around joints. Orthopedic massage is also effective for other common issues, such as frozen shoulder, “tennis” or “golfer’s” elbow, persistent knee pain, “text neck”, and any joint range of motion limitations. For athletes, it is also a useful therapy to enhance peak performance. Michelle Quigley, LMT, RCST, is a licensed massage therapist who specializes in integrated manual therapy and orthopedic massage.

She is also a registered biodynamic craniosacral therapist and certified Sheng Zhen meditation teacher. This November, she is undertaking training in myoskeletal alignment technique. Connect at 203-216-8874, MLQLMT@gmail.com or MichelleLQuigley.com. Osteopathy Osteopathic medicine views chronic pain as an imbalance of structural anatomy within the body —including muscles, joints and connective tissue—as well as impaired function and circulation within nerves, lymphatic and blood vessels. With a gentle and precise manipulative treatment, an osteopathic physician can detect imbalances in the neuromusculoskeletal system, including the cranial bones of the head and the subtle rhythmic fluid movements of the body. Osteopathic techniques are applied to allow for improved function and restoration of circulation to the body's tissues. This further helps the body's physiology to increase vitality. It can speed up healing of injuries like headaches, concussions, car accidents and whiplash, sports injuries, or muscle and joint pain. By balancing the body's fight-or-flight stress response, osteopathic treatment helps to reduce emotional stress patterns, and to down-regulate the chronic pain and inflammation pathways. It also helps the body to make its own natural pain relievers, or endorphins, which can reduce or eliminate the need for pharmaceutical pain relievers. After treatment, patients often experience significant pain relief; they report feeling much lighter and more peaceful with improved energy and better sleep. Osteopathic physicians have medical training like medical doctors (MDs), in addition to more than 500 hours of training in osteopathic principles, and structural diagnosis and treatment. Many osteopaths look at the whole person—body, mind and spirit—and practice a more holistic style of medicine than conventional medical doctors. They are looking less to treat symptoms and more find the cause for the pain and imbalance. Osteopaths may also include nutrition and lifestyle approaches, mind-body relaxation, deep breathing techniques, and functional stretching to help support their patients' healing process. David L. Johnston, DO, is the founder of the Osteopathic Wellness Center in Ridgefield. Connect at 203-438-9915 or Info@OsteopathicWellness.net. See ad, page 56. Stretching/Yoga Using resistance—contracting a muscle while at the same time stretching it—is an effective way to release dense, accumulated fascia in the body. Through resistance stretching, we can blend resistance, flexibility and strength as we approach yoga poses from the inside out. Fascia, simply put, is a matrix of thin sheaths of fibrous connective tissue that support, enclose and provide structure for the entire body. Dense fascia builds up in the body from daily habitual patterns, such as slouching, standing while locking the legs, typing or texting, or sitting for extended periods. It can also be caused by physical accidents, emotional trauma and mental blockages. Releasing accumulated fascia can help detox the body physically, mentally and emotionally as the fascia holds the stress imprints of any trauma that hasn't been fully integrated into the system. Practitioners who stay with the method are able to deepen their understanding of what their own body needs. They can then design personal routines to heal areas with chronic lack of range of motion and mobility, or aches and pains where fascia has built up. In a resistance stretch class, poses are done at a slower pace with resistance designed to maintain proper alignment and release chronic tension held within the body. Experienced practitioners, athletes, those seeking greater mobility, or anyone looking to release physical or emotional trauma from the body will benefit from such a class. The results of resistance stretching are

often immediate with range of motion, posture and strength improvements. These in turn will reduce tension and pain. Colleen Maloney is a yoga teacher at Yoga 203 in Norwalk. Connect at Yoga203.com. See ad, page 38. Tapping Tapping, also referred to as Emotional Freedom Technique (EFT) Tapping, can often be the solution to chronic pain relief. Past and present traumas, such as autoimmune disorders, accidents and depression, are often the root cause of chronic pain; the emotions associated with the trauma can remain trapped in the body, blocking energy pathways or energy meridians. Tapping specifically addresses the traumatic aftermath: the lingering negative emotion left in trauma's wake. Trapped, undesirable emotions from past experiences are ignited by triggers found in all areas of life. These triggers ignite the emotional blocks in the energetic pathways in the body that hold us in a state of chronic pain, disease and depression; they cause pain. Tapping releases those emotional blocks, allowing energy to flow freely through the body's energy pathways. Compelling research on the mind-body connection's relationship to disease and chronic pain has led many in the medical and mental health profession to the same conclusion: if we do not address the emotional aspects of physical disorders, patients may never recover. Dr. Lori Leyden, an internationally known trauma specialist and former director of the Newtown Trauma Relief and Resiliency Project, provides supervision for cutting-edge, heart-centered trauma healing, especially as it relates to relief from chronic pain. "Trauma is a neurological state that may manifest as chronic stress, body pains, headaches, trouble sleeping and a whole host of other symptoms," says Leyden. "If it isn't properly treated, trauma self-perpetuates. EFT Tapping is a powerful tool because it regulates the brain dysfunction that trauma causes and allows the person to achieve a strong state of resilience." EFT Tapping allows an experience of being with the pain in a way that's gentle and honoring; this can have a surprising effect on pain intensity, providing not only relief but, eventually, ultimate release."

073. NDs Aviles, Fisel, Levitt A, Levitt J, Ritterman Pages from wholehealthct.com

a) from wholehealthct.com/services:

"Services. The good physician treats the disease; the great physician treats the patient who has the disease. - Sir William Osler. Routine health care: Good health means more than just the absence of disease. Our naturopathic physicians are trained to deliver high-quality natural family medicine for men, women, and children. We care for patients with everything from minor concerns to serious health conditions. In Connecticut, naturopathic physicians have a limited scope of practice. Although fully trained, they cannot administer vaccines or prescribe medications. For this reason, we encourage patients to see a primary care physician once a year for these services. Our naturopathic doctors are happy to work collaboratively to provide integrative, comprehensive care for most medical conditions. Please note: Some insurances do not cover naturopathic doctors for yearly routine physicals. Women's health: Women's health is a distinct field that takes into account the unique biological, hormonal, and emotional needs of women of all ages. This includes routine gynecological exams and laboratory testing, and referrals for

health screenings including bone density, ultrasound and mammography. Men's health: Men's health is a distinct field that takes into account the unique biological, hormonal, social, and emotional needs of men of all ages. This includes routine annual examinations, laboratory testing, and referrals for age-appropriate health screening tests. Children's health: We love our babies and children! Our physicians (especially Dr. Aviles) are passionate about helping you instill healthy habits in your children from a young age to build the foundation for a lifetime of good health. We offer natural treatment options for most common childhood conditions and work with families on good nutrition and the prevention of illness. In Connecticut, naturopathic physicians have a limited scope of practice. Although fully trained, we cannot administer vaccines or prescribe medications. For this reason, patients are encouraged to establish care with a pediatrician for these services. Our naturopathic doctors are glad to work collaboratively to provide integrative, comprehensive care and offer natural treatment options when appropriate. We are not licensed to provide vaccine exemptions- medical or religious. Preventative care: Although we are trained to treat illness…it's always better to prevent it before it starts! We prefer to be proactive rather than reactive and that's why we put such a heavy emphasis on preventative medicine. We do physical examinations, screening examinations, and offer referrals for laboratory testing and imaging as appropriate…but we'll also go beyond the basics with you. We'll get to know you, your family history, and the risk factors that are unique to you as a person. Then, we'll help you get inspired to make the most important diet and lifestyle changes you need to make to keep you healthy for the long term. Laboratory testing: Our office maintains accounts with a large number of clinical laboratories. We can order basic laboratory tests for screening purposes or for diagnosis of illness using blood, urine, or stool samples. When appropriate, we can also go beyond the typical laboratory tests and order a wide range of advanced and progressive clinical lab tests that can often help make a diagnosis in challenging cases. Acupuncture: This ancient Chinese medical practice has moved West…and is booming in popularity here in the US. Dr. Robin Ritterman and Dr. Matt Fisel are both skilled in the use of acupuncture needles for the treatment of a variety of medical problems, especially the relief of musculoskeletal or orthopedic pain. Clinical nutrition: Over 2000 years ago Hippocrates said, "Let food be thy medicine…" and we still believe him. We will take a detailed dietary history, including your personal food preferences and get you started on a diet/nutrition plan that works for you and your lifestyle. If your unique situation calls for nutritional supplementation, we will make specific recommendations for vitamins, minerals, and dietary supplements as part of your treatment plan. Herbal medicine: All of our physicians are experts in the use of medicinal plants. We regularly use herbal medicines as treatments for a wide range of medical problems. Our office is home to a large dispensary of medicinal herbal extracts that are the "tools of the trade" for our doctors. Physical medicine: We see patients every day with musculoskeletal or orthopedic pain. Some of them come to us at the first sign of problem, others come to us after multiple surgeries have failed to relieve the pain. In either case, physical medicine can help. This involves "hands-on" techniques like: myofascial release, trigger point release, facilitated stretching, and spinal manipulation or adjustments. Smoking cessation: News flash: Smoking is bad for you. That part, you already knew. What you might not have known is that

we can help. There are a variety of tools and techniques (including a specific form of acupuncture) that we use to help our patients kick the habit for good. Detoxification: Sadly, we live in a toxic world. Every day, we are exposed to hundreds of synthetic chemicals that can have an adverse impact on our health. The good news is that all of us have an exquisitely complex built-in detoxification factory inside of us. If chemical or environmental toxicity is making you sick…we can help you identify the problem and fire up your internal detoxification system to get your health back on track. Stress management: Does stress make your symptoms worse? If you're anything like the thousands of patients we see at Whole Health, the answer is yes. In fact, for many people, emotional stress is a primary concern. You should feel comfortable talking with your doctor about the stresses in your life…and when you do, we can help you develop a safe and effective natural stress management plan."

b) from wholehealthct.com/conditions:

"Conditions. See below to learn more about the conditions we treat. Constitutional: Fatigue Weight management Fibromyalgia Lyme Disease Food sensitivities allergies Autoimmune disease Chronic fatigue syndrome (CFS). Women's Health: Menopause PMS Vaginal infections Bladder infections Interstitial cystitis Menstrual disorders Endometriosis Fibroids Polycystic ovarian syndrome (PCOS) Low libido Vaginal dryness Osteoporosis Cervical dysplasia Weight management Infertility. Men's Health: Benign prostatic hyperplasia (BPH) Prostatitis Prostate cancer Erectile dysfunction (ED) Weight management Musculoskeletal pain Sports injuries. Children's Health: Coughs Colds Fevers Rashes Ear infections Diarrhea Food Allergies Nutritional counseling. Preventative Care: Diabetes prevention Heart disease risk reduction Osteoporosis prevention Cancer risk reduction. Gastrointestinal: Diarrhea Constipation Gas Bloating Small Intestinal Bacterial Overgrowth (SIBO) Heartburn (GERD) Irritable bowel syndrome (IBS) Ulcerative colitis Crohn's disease Celiac Disease Gallbladder disease Ulcers Abdominal pain Hemorrhoids Yeast (Candida) overgrowth. Musculoskeletal: Arthritis Osteoporosis Osteopenia Low back pain Neck pain Sciatica Carpal tunnel syndrome Muscle spasms Tendonitis Bursitis Plantar fasciitis Gout Fibromyalgia. Cardiovascular: High blood pressure High cholesterol Atherosclerosis Palpitations Arrhythmias. Endocrine: Hypothyroidism Hyperthyroidism Diabetes Adrenal gland dysfunction Hormonal imbalances Low testosterone. Psychiatric: Anxiety Depression Insomnia Stress. Ear/Nose/Throat: Ear infections Sinusitis Dizziness Allergies Sore throats Chronic or recurrent infections. Respiratory: Infections Asthma Allergies Emphysema or COPD Bronchitis Chronic cough. Dermatologic: Acne Eczema Psoriasis Rosacea Shingles Rashes. Neurologic: Headaches Migraines Neuropathy Sciatica Carpal tunnel syndrome Seizures Lyme disease Multiple sclerosis Parkinsons disease."

c) from https://wholehealthct.com/faqs/:

"Frequently Asked Questions. 01 Health Insurance and Fee Schedule. Dr. Amanda Levitt, Dr. Robin Ritterman, Dr. Matt Fisel, and Dr. Nicole Aviles are all credentialed providers with the following insurance plans: Dr. Amanda Levitt, Dr. Robin Ritterman, Dr. Matt Fisel, and Dr. Nicole Aviles are all credentialed providers with

the following insurance plans: Aetna Anthem Oxford Conneticare Cigna United HC Harvard Pilgrim HC. Dr. Nicole Aviles and Dr. Matthew Fisel are credentialled Husky (Medicaid) providers. HUSKY Health Logo. Dr. Joshua Levitt does not accept insurance. Note: None of our physicians are contracted with Medicare. We encourage all patients to call their insurance provider to verify coverage before the first appointment. If your insurance does not include coverage for our services, our discounted fee schedule for those who will be paying out of pocket is as follows: New patient appointment (one hour) : $230 Follow up appointment (30 minutes): $120 Acupuncture (existing patients): $100. 02 What is a Naturopathic Physician? The Naturopathic Physicians (ND's) at Whole Health are doctors who specialize in Natural Family Medicine. They are licensed by the State of Connecticut to diagnose and treat all medical conditions. Naturopathic Physicians are the only physician level specialists in Natural Medicine. We are trained to identify and remove causes of a disease and treat patients using natural, non-toxic therapies. Our goal is to treat your condition and maximize your health. 03 What is the Education of a Naturopathic Physician? Naturopathic physicians undergo training that is similar in structure and scope to that of medical and osteopathic doctors. Naturopathic medical colleges are four-year graduate schools with rigorous admissions requirements comparable to other medical schools. The Doctor of Naturopathic Medicine (ND) degree is awarded after classroom, clinic and practical study. ND's are trained in medical sciences including anatomy, physiology, biochemistry, microbiology, immunology, pharmacology, cardiology, neurology, radiology, minor surgery, obstetrics, gynecology, embryology, pediatrics, psychology, pharmacology, dermatology, and clinical and physical diagnosis. The training also includes extensive study of naturopathic philosophy and therapeutics including therapeutic nutrition, botanical medicine, homeopathy, ayurvedic medicine, hydrotherapy, manipulative therapy, and counseling. Because coursework in natural therapeutics is added to a standard medical curriculum, naturopathic doctors often receive significantly more hours of classroom education in these areas than the graduates of many leading medical schools, including Yale, Stanford, and Johns Hopkins. Like many states, Connecticut's laws require graduates of naturopathic medical schools to pass rigorous national and state board examination in order to qualify for licensure. 04 What treatments do Naturopathic Physicians Use? Naturopathic Physicians use methods such as botanical (herbal) medicine, therapeutic nutrition, physiotherapy, craniosacral therapy, homeopathy, hydrotherapy, oriental medicine, counseling, and diet & lifestyle modification. These therapies are generally safer, less toxic, and have fewer side effects than conventional therapies. At Whole Health, we will use these techniques in individualized treatment programs to help you achieve your unique health goals. Although we are advocates of integrative care, current state law in CT does not allow naturopathic physicians to write prescriptions for medication or administer vaccinations. 05 Why should I see a Naturopathic Doctor when they sell herbs and vitamins at the Health Food Store? The multitude of nutritional and botanical supplements available over the counter can be bewildering. Furthermore, it is inappropriate and possibly dangerous to get medical advice from persons not appropriately trained. The Naturopathic Physicians at Whole Health have a comprehensive understanding of physiology, pharmacology, botanical medicine, nutritional biochemistry, and interactions between natural and

drug therapies. Without this training, one cannot safely make recommendations about Natural Medicine. 06 Will I have to stop seeing my regular doctor to see a Naturopathic Physician? No. Patients see us for primary and adjunctive health care. We welcome the opportunity to collaborate with any or all of your other providers. You continue to see your other doctors, and we will work together to accomplish integrated, balanced, and individualized care. Although we are advocates of integrative care, current state law in CT does not allow naturopathic physicians to write prescriptions for medication or administer vaccinations. 07 Are naturopathic treatments scientific? Many of the therapies used by Naturopathic Physicians have been subjected to controlled scientific studies. The Naturopathic Physicians at Whole Health stay up to date with medical literature and make every effort to use therapies with documented scientific efficacy, or a long history of clinical safety and effectiveness. 08 What Conditions do you treat? Our physicians are trained to provide the best in natural family medicine to men, women, and children. We see patients with health problems that include minor ailments severe illness and everything in between. Because we treat people, not just body parts, we can help you resolve issues in multiple body systems including: Constitutional: Fatigue, Weight management, Food allergies, Autoimmune disease, Fibromyalgia, Chronic fatigue syndrome (CFS). Women’s Health: Menopause, PMS, Vaginal infections, Bladder infections, Interstitial cystitis, Menstrual disorders, Endometriosis, Fibroids, Polycystic ovarian syndrome (PCOS), Low libido, Vaginal dryness, Osteoporosis, Cervical dysplasia, Weight management, Infertility. Men’s Health: Benign prostatic hyperplasia (BPH), Prostatitis, Erectile dysfunction (ED), Musculoskeletal pain, Sports injuries. Children’s Health: Coughs, Colds, Fevers, Rashes, Ear infections, Diarrhea, Food Allergies, Nutritional counseling. Preventative Care: Diabetes, Heart disease, Osteoporosis, Cancer. Gastrointestinal: Diarrhea, Constipation, Gas, Bloating, Heartburn (GERD), Irritable bowel syndrome (IBS), Inflammatory bowel disease (IBD): Ulcerative Colitis, Crohn’s disease, Celiac Disease, Gall bladder disease, Hepatitis, Ulcers, Abdominal pain, Hemorrhoids, Yeast (Candida) overgrowth, H. pylori infection. Musculoskeletal: Arthritis, Osteoporosis, Osteopenia, Low back pain, Neck pain, Sciatica, Carpal tunnel syndrome, Muscle spasms, Tendonitis, Bursitis, Plantar fasciitis, Gout, Fibromyalgia. Cardiovascular: High blood pressure, High cholesterol, Angina, Atherosclerosis, Palpitations. Endocrine: Thyroid disorders, Diabetes, Adrenal dysfunction. Psychiatric: Depression, Anxiety, Insomnia. Ears/Nose/Throat: Ear infections, Tinnitus, Sinusitis, Allergies, Sore throats, Chronic or recurrent infections. Respiratory: Infections, Asthma, Allergies, Emphysema or COPD, Bronchitis. Dermatologic: Acne, Eczema, Rosacea, Shingles, Rashes. Neurologic: Headaches, Migraines, Sciatica, Carpal tunnel syndrome, Seizures, Multiple sclerosis, Parkinsons disease. 09 Do I have to stop taking my prescription medication? No. Many patients come to a Naturopathic Physician because they are concerned about the risk, cost, and side effects of pharmaceuticals. In many cases, there are natural therapies that can replace or decrease the need for prescription medication. In addition, naturopathic physicians can often help reduce unwanted side effects using adjunctive natural therapies. Above all, we want you to reach your health goals safely. Therefore, any changes in a prescription medication regimen must involve collaboration with your other doctors. When prescription medication is involved, we firmly believe that an

integrated, collaborative approach to health care is ideal. 10 Can you provide a vaccine exemption? Although fully trained, we cannot administer vaccines in the state of Connecticut; therefore, we are not licensed to provide vaccine exemptions- Medical or Religious."

d) from wholehealthct.com/wp-content/uploads/2019/04/WHforms.pdf:

"PATIENT INFORMATION. Last Name_____
First Name_____ Middle _____ Birthdate _____
Age_____ Gender ☐ M ☐ F Street Address_____
City_____ State_____ Zip_____
Email_____
Employer_____
Occupation_____ ☐ Single ☐ Married ☐ Partnered ☐ Divorced ☐ Widowed Spouse/Partner's Name_____ Who can we thank for referring you? _____
INSURANCE INFORMATION (Please give your insurance card to the receptionist)
Insurance Company _____Plan Name _____ ID # _____ Group # _____ Primary Physician_____ Does your visit require a referral? ☐ Yes ☐ No ☐ Unsure Is the patient the primary subscriber? ☐ Yes ☐ No If no, please complete subscriber information below: Name _____ Birthdate _____ SS# _____ Relationship to patient _____ ND coverage ☐ Yes ☐ No Acup. Coverage ☐ Yes ☐ No PATIENT PHONE NUMBERS Home (_____) _____ Work (_____) _____ Cell (_____) _____ Best time and place to reach you _____ Is it OK to leave a message? ☐ Yes ☐ No EMERGENCY CONTACT Name _____
Relationship _____ Home (_____)_____ Work (_____) _____ Cell (_____) _____ I authorize Whole Health Natural Family Medicine LLC to disclose necessary health care information to the above named company and their agents for the purpose of obtaining payment for services and determining insurance benefits or the benefits payable for related services. I request that payment of authorized benefits be made on my behalf to Whole Health Natural Family Medicine LLC for any covered services furnished to me by Whole Health Natural Family Medicine LLC. I understand and agree that regardless of my insurance status I am responsible for the balance on this account for any services, medications, or laboratory work. I understand that missed appointments or cancellations within 24 hours of the scheduled appointment time will be subject to a missed appointment fee. I understand that certain services (ie. acupuncture, physical medicine) and/or products may not be covered by my insurance and that non-covered services and/or products will be my responsibility.
_____

_____ Signature of patient, parent, guardian, or representative Date INFORMED CONSENT FOR TREATMENT Name: _____ Date: _____ I hereby authorize the Naturopathic physicians and other practitioners of the Whole Health Natural Family Medicine, LLC (Whole Health) to perform the following specific procedure(s) as necessary to facilitate my diagnosis and treatment: • Common diagnostic procedures: e.g., venipuncture, Pap smears, radiography, laboratory, and x-ray. • Minor office procedures: e.g., dressing a wound, ear cleansing. • Medicinal use of nutrition: therapeutic nutrition, nutritional supplementation of vitamins, minerals, amino acids and other nutritional or therapeutic substances. • Botanical medicine: botanical substances (herbal medicines) may be prescribed as teas, alcoholic tinctures, capsules, tablets, crèmes, plasters, or suppositories. • Homeopathic medicine: the use of highly dilute quantities of naturally occurring plants, animals and minerals to gently stimulate the body's healing responses. • Lifestyle counseling and hygiene: diet therapy, fasting, elimination diets, promotion of wellness including recommendations for exercise, sleep, stress reductions and balancing of work and social activities. • Psychological counseling. • Physical medicine, acupuncture and bodywork. Practitioners of Whole Health have discussed and explained to my satisfaction the basic procedures of the above therapies and the risks and benefits of the care I will receive and I have been given the opportunity to ask questions about the treatment plan and procedures. I recognize certain potential risks and benefits of the procedures I am receiving, as they were described to me and as described more generally below: POTENTIAL RISKS: allergic reactions to prescribed herbs and supplements, side effects of natural medications, inconvenience of lifestyle changes, venipuncture for diagnostic testing, and possible prescription drug interaction with prescribed natural supplements or products. Acupuncture may produce temporary numbness, tingling, bruising or redness. Moxibustion, the burning of an herbal preparation on or near the skin, may occasionally cause mild burning or blistering of the skin. POTENTIAL BENEFITS: restoration of health and the body's maximal functional capacity, relief of pain and symptoms of disease, assistance in injury and disease recovery, and prevention of disease or its progression. ALTERNATIVES – I understand that the practitioners at the Whole Health are not primary care physicians, and the procedures that I will receive at the Whole Health are supplementary care to my primary care physician and/or specialist. It has been recommended to me that I consult with a primary care physician and/or a specialist to obtain information about all of the conventional medicine treatment alternatives available to me. NOTICE TO PREGNANT WOMEN - All female patients must inform the treating doctor if they know or suspect that they are pregnant as some of the procedures and therapies described above may present a risk to the pregnancy. CONSENT - With this knowledge, I voluntarily consent to the above procedure(s), realizing that no guarantees or warrantees have been given to me by the Whole Health or any of its personnel regarding cure or improvement of my condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time. TEACHING CLINIC - I understand that the Whole Health may participate as a teaching clinic, and that students may observe or participate in the care provided with my verbal consent. CONFIDENTIALITY - I understand that a record will be kept of the health services

provided to me. This record will be kept confidential and will not be released to others unless so directed by my lawful representative, or me or unless law permits or requires it. I understand that I may request to view my medical record and can request a copy of it by paying the appropriate copying fee. I understand that my medical record will be kept for a minimum of seven years after the date of my last visit. I understand that information from my medical record may be analyzed for research purposes, and that my identity will be protected and kept confidential. I understand that my practitioner will answer any questions I have, to the best of his/her ability. I certify that I have read and fully understand this consent and the matters, which have been explained to me. I further certify that I have full authority and accept full responsibility to execute this consent for an on behalf of the above-named patient and that I am signing freely and voluntarily. _____ _____ Date Signature of Patient _____ Signature of Patient Representative or Guardian Amanda M. Levitt, ND • Joshua P. Levitt, ND • Robin Ritterman, ND, LAc • Matthew Fisel, ND Summary of Privacy Practices We at Whole Health Natural Family Medicine, LLC understand that your medical/health information is personal and private. In order to provide you with quality care and to ensure compliance with certain legal requirements, we create a record of the care and services you receive in our office(s). We respect the privacy and confidentiality of medical/health information about you and that can be identified with you. This is called “protected health information”. Your protected health information is contained in the medical and billing records maintained by our practice. It includes demographic information and information that relates to your present, past or future physical or mental health and related health care services. Our Notice of Privacy Practices (“Notice”) is a twelve page document that describes the ways in which we may use and disclose your protected health information. It also describes your rights and our legal obligations with respect to your protected health information. The Notice applies to uses and disclosures we may make of all your protected health information, whether created by us in our practice or received by us from another health care provider. The Notice contains seven main sections that are summarized or described below. A. IT IS OUR LEGAL DUTY TO PROTECT YOUR HEALTH INFORMATION. B. WE MAY USE AND DISCLOSE YOUR PROTECTED HEALTH INFORMATION TO PROVIDE YOU WITH TREATMENT, TO OBTAIN PAYMENT FOR SERVICES RENDERED TO YOU, AND FOR HEALTH CARE OPERATIONS. C. WE MAY USE AND DISCLOSE YOUR PROTECTED HEALTH INFORMATION WITHOUT YOUR AUTHORIZATION IN LIMITED SITUATIONS. (Emergencies, legal cases, public health, etc.)D. YOUR AUTHORIZATION IS REQUIRED FOR ALL OTHER USES AND DISCLOSURES OF YOUR PROTECTED HEALTH INFORMATION. E. OUTLINES YOUR RIGHTS REGARDING YOUR PROTECTED HEALTH INFORMATION. F. CONTAINS SPECIAL RULES REGARDING THE DISCLOSURE OF MENTAL HEALTH CONDITIONS, SUBSTANCE ABUSE, AND HIV-RELATED INFORMATION. G. OUTLINES THE PROCEDURES FOR COMPLAINTS. The Notice in its entirety is posted in our reception area and copies can be made available to you upon request. Amanda M. Levitt, ND • Joshua P. Levitt, ND • Robin Ritterman, ND, LAc • Matthew Fisel, ND ACKNOWLEDGMENT OF RECEIPT OF THE NOTICE OF PRIVACY PRACTICES I acknowledge that I have received the Notice of Privacy Practices of Whole Health

Natural Family Medicine, LLC. I understand that the Notice describes the uses and potential disclosures of my protected health information and informs me of my rights with respect to my protected health information. Patient Signature: _____ Date: _____ Print Name: _____ Date of Birth: _____ Refusals _____ The above individual refused to accept a copy of the Notice of Privacy Practices. ____ The above individual received a copy of the Notice of Privacy Practices but refuses to sign an Acknowledgment of Receipt. _____ _____ Signature of Whole Health Representative Name of Whole Health Representative 2838 Old Dixwell Avenue, Hamden, CT 06518 • Phone (203) 288-8283 • Fax (203) 288-8405 ADULT SYMPTOM SURVEY NAME_____ DATE_____What is your major complaint? _____ Are you coming for any specific therapy? (i.e. homeopathy, acupuncture, nutritional counseling, physical medicine, “anything that works”)_____ This survey will help us to evaluate you more completely. Please place a check mark next to those symptoms which you NOW experience or have experienced in the PAST. Include all the complaints which are familiar to you. If there are one or more words in a line which describe your specific problem you may want to circle those words. NOW PAST GENERAL SYMPTOMS NOW PAST EYES _____ _____ tired, weak, lack of energy _____ _____ nearsightedness or farsightedness _____ _____ depression, melancholy, moodiness _____ _____ blurred or failing vision _____ _____ worry, anxiety, nervousness, irritability _____ _____ dry, burning or itching eyes _____ _____ sleeplessness or sleep too much _____ _____ eyes water excessively _____ _____ frequent colds or other illness _____ _____ eyes sensitive to light _____ _____ headaches _____ _____ night blindness _____ _____ don’t sweat enough _____ _____ bloodshot or puffy eyes _____ _____ sweat too much _____ _____ other_____ _____ _____ night sweats _____ _____ dizziness, fainting, convulsions _____ _____ loss or gain of weight NOW PAST EARS _____ _____ other_____ _____ _____ earaches _____ _____ noises or ringing in ears NOW PAST SKIN AND HAIR _____ _____ ear discharges _____ _____ acne or pimples _____ _____ loss of hearing _____ _____ skin rashes _____ _____ lots of wax _____ _____ hives _____ _____ other_____ _____ _____ stretch marks _____ _____ skin ulcers or sores NOW PAST NOSE AND THROAT _____ _____ dryness, roughness or scaling skin, _____ _____ hay fever, sinusitis, runny nose scalp, elbows, knees, feet, _____ _____ dry mouth or nose around nose, ears, eyebrows, etc. _____ _____ nosebleeds _____ _____ hair loss or thinning _____ _____ cracks in corners of mouth _____ _____ dry, coarse hair or split ends _____ _____ dry or chapped lips _____ _____ bruise easily _____ _____ sore throats or tonsillitis _____ _____ nails weak, ridged or split easily _____ _____ clear throat often _____ _____ brown spots or bronzing on skin _____ _____ sore, red or cracked tongue _____ _____ moles, warts or skin tags _____ _____ cold sores or herpes _____ _____ sunburn easily _____ _____ inability to smell or taste _____ _____ cuts heal slowly or scar badly _____ _____ lots of cavities _____ _____ flush easily _____ _____ bleeding gums _____ _____ hands or feet numb or tingling _____ _____ hoarseness _____ _____ feet burn _____ _____

other_____ _____ _____ athletes foot _____ _____
other_____ NOW PAST MUSCULO-SKELETAL _____ _____ muscle pain or stiffness NOW PAST RESPIRATORY where?_____ _____ _____ cough frequently _____ _____ swollen, painful or stiff joints _____ _____ spitting up mucus or blood _____ _____ bone pains _____ _____ difficulty breathing _____ _____ painful feet, ankles or calves _____ _____ shortness of breath on exertion _____ _____ tremors or twitches _____ _____ chest pain _____ _____ loss of strength _____ _____ other_____ _____ _____ hernia _____ _____ muscle wasting _____ _____ other_____ NOW PAST GASTROINTESTINAL NOW PAST CARDIOVASCULAR _____ _____ loss of appetite _____ _____ heart beats fast or irregularly _____ _____ gagging, difficulty swallowing _____ _____ tightness in chest _____ _____ nausea or vomiting _____ _____ discomfort at high altitude _____ _____ bad breath _____ _____ dizzy or weak upon standing up _____ _____ metallic or bitter taste in mouth _____ _____ swollen feet, ankles or legs _____ _____ food cravings or strong desires _____ _____ cold hands or feet _____ _____ can’t eat fats _____ _____ hands or feet turn blue _____ _____ heartburn _____ _____ blue fingernails _____ _____ indigestion or distress _____ _____ leg pains when walking _____ _____ heaviness after eating _____ _____ varicose veins _____ _____ belching or gas _____ _____ tendency to anemia _____ _____ bloating _____ _____ high blood pressure _____ _____ stomach or abdomen tender or painful _____ _____ low blood pressure _____ _____ symptoms relieved by eating _____ _____ other_____ _____ _____ symptoms worse after eating _____ _____ avoid certain foods NOW PAST URINARY _____ _____ headache, dizziness or irritability if _____ _____ difficulty urinating skip meal _____ _____ urinate frequently at night _____ _____ diarrhea or loose stools _____ _____ bedwetting _____ _____ constipation _____ _____ incomplete urination or dribbling _____ _____ change in bowel movements _____ _____ pain when urinating _____ _____ light colored or greasy stools _____ _____ bladder infections ____ _____ dark stools or blood in stool _____ _____ kidney infections _____ _____ feeling of incomplete evacuation _____ _____ kidney stones _____ _____ undigested food in stool _____ _____ lower back pain ____ _____ foul odor of stool or gas _____ _____
other_____ ____ _____ hemorrhoids _____ _____
other_____ NOW PAST MALE NOW PAST MALE _____ _____ prostate problems _____ _____ diminished sexual desire _____ _____ difficult or unusual urination _____ _____ excessive sexual desire _____ _____ discomfort or pain in genital area _____ _____ difficulty maintaining an erection _____ _____
other_____ NOW PAST FEMALE NOW PAST FEMALE _____ _____ irregular menstruation _____ _____ hot flashes _____ _____ pain prior to or with periods _____ _____ diminished sexual desire _____ _____ depressed, tense or irritable around periods _____ _____ excessive sexual desire _____ _____ painful or swollen breasts _____ _____ difficulty having orgasm _____ _____ lumps in breasts _____ _____ inability to conceive _____ _____ discharge from breasts _____ _____ number of pregnancies _____ _____ symptoms occur in monthly pattern _____ _____ number of children _____ _____ pain, discomfort or itching in genital area _____ _____ miscarriages or abortions _____ _____ vaginal discharge _____ _____ other_____ Date of last period_____ # of days_____ length of cycle_____ Date of last PAP smear_____ Have you ever

had an abnormal PAP?_____Present type of birth control_____Have you ever used birth control pills or an IUD? _____ What type and for how long? _____ Is your diet? Do you get regular exercise? ____typical American ____Kosher what? how often? ____vegetarian ____fast food _____ ____vegan ____low fat _____ ____macrobiotic ____other _____ Do you use any of the following? Are you allergic to anything? Include food, plants ____cigarettes or tobacco ____packs per day medications, pollens, insects, MSG, chemicals, etc. ____coffee or black tea ____cups per day_____ ____marijuana or other drugs ____times per week _____ ____alcohol ____times day/week Please list any vitamins or medication which you are taking. Use the back of the page if necessary VITAMINS OR MINERALS PRESCRIPTION MEDICINES _____ _____ HERBS OR FOOD SUPPLEMENTS OVER-THE-COUNTER MEDICATIONS _____ _____ Have you ever been hospitalized or had surgery, a serious illness or accident? what when where _____ _____ Have you or any of your family members had any of the problems in this chart? Please indicate who has had which problems by checking the appropriate space. Thyroid problems Diabetes Tuberculosis Hypoglycemia Stroke Heart Attack Epilepsy Cancer Asthma Allergies Anemia Migraines Hepatitis Heart disease Birth Defects High Blood Pressure Gall Bladder Disease. Arthritis. Alcoholism/addictions. Self. Children. Mother. Father. Sister(s). Brother(s). Grandparents. Others. Thank you for taking the time to fill out this questionnaire. For additional comments use the other side.”

074. ND Klughers Pages at drnicoleklughers.net

a) from drnicoleklughers.net:

“Experience Your Life of Wellness with the Healing Power of Nature WELCOME, YOU HAVE ARRIVED! If you’re here right now, it’s likely because you’re ready to experience a healthier, more balanced life with greater physical or emotional wellness. I'M DR. NICOLE, Your health detective. I'm a naturopathic physician, acupuncture specialist, former pharmacist, community educator and nature lover. Rest assured, you’ve come to the right place… and there are very effective, safe, all-natural solutions to restore your health and reclaim a life of energy, balance, and joy. You're probably here because you're looking for more quality in your daily life. Maybe you struggle with chronic aches and pains, you’re finding it difficult to deeply relax, or your metabolism just isn’t what it used to be. Whether it’s digestive issues, chronic stress, headaches, hormonal imbalances, or you want to shed those extra 10 pounds, you just don’t feel like yourself. Inside, you know that you could feel better. That’s why you’re here: You’re ready to shift into a new way of being... one that reflects who you really are as a healthy, vibrant, empowered individual. Somewhere along your path, you've lost connection with your true self. Through

many life circumstances, you're constantly helping others and just never feel like there’s enough time in the day for the most important person - YOU! You can’t seem to calm your mind or get the clarity and motivation you need to make your health a top priority again. Because of this, your body is giving you some warning signs, whether that’s low energy, brain fog, high blood pressure, sugar cravings, extra weight, or back pain. Instead of just trying to silence your body’s alarm system, you’re here because you’re ready to transform your life... and you know that you need to start with your physical and emotional health. If you’re like most of my patients, you’re seeking an alternative or complement to conventional medicine. You want to get to the root cause of your health issues rather than take medications for the rest of your life. Instead, you want to live a life that is unlimited in its potential. Your goal is total life wellness, complete vitality and transformation. My practice at Vis Wellness Center has helped many people just like you by treating their symptoms on a deep, core level that produces lasting healing and change. I understand that wellness is so much more than the absence of disease. Your health is the most precious asset you have. There is nothing more important than getting proactive about your health, investing in your well-being, and choosing a lifestyle that allows your body to be a symbol of longevity, strength and vitality. MY MISSION IS TO SUPPORT YOU IN THIS PROCESS. I provide care to individuals of all ages and all levels of health. My practice has helped people with health issues such as: fatigue hair loss anxiety & depression chronic pain weight gain allergies thyroid disorders hypertension insomnia digestive disorders PMS infertility migraines/headaches chronic stress and worry auto-immune disorders BOOK YOUR APPOINTMENT I look forward to working with you & supporting you on your journey to wellness! To experience maximum value from Vis Wellness Center, please take the following 3 steps now: 1. GET YOUR FREE HEALTH REPORT: Leave your name and email at the bottom of this page and receive your FREE report on The Complete Wellness Solution: Three Natural Approaches to Optimize Your Digestive Health which will give you a tremendous amount of tips and insight to quickly create better health. (You will also receive updates on my next FREE ONLINE WELLNESS CLASS where I offer informative, interactive health talks which will empower you to take your health into your own hands. If not now, then when?) 2. LIKE to join our thriving Facebook community for daily tips, inspiration and helpful information. Be sure to like, share and comment on posts to ensure you keep them in your newsfeed on a regular basis. I’d love to have you as part of it! Like here or below. 3. SCHEDULE your appointment online today. Click here to make your appointment. You are also welcome to call or text my office at (234) 2-ACU-DOC or email viswellnesscenter@gmail.com with questions or concerns. We’re never too busy to help you!”

b) from drnicoleklughers.net/bio:

“Meet Dr. Nicole Klughers Vis Wellness Center Dr. Nicole Klughers is the founder of Vis Wellness Center in Rocky Hill, CT. "Vis" is Latin and represents "the healing power," as a core focus of naturopathic medicine is to encourage the body's natural ability to heal itself. Vis Wellness Center focuses on disease prevention, individualized care and restoration of optimal health by encouraging the inherent

self-healing processes that exist within us all. Dr. Nicole promotes wellness through lifestyle modifications, personalized nutrition, natural therapies and functional testing. Nicole Klughers, ND, PharmD, MSAc, is a licensed naturopathic physician, acupuncture specialist, community health educator, and former pharmacist. Her passion for healthcare began early, inspired by her work as a pharmacy assistant at age 14. She went on to earn her Doctorate in Pharmacy from St. John's University College of Pharmacy, completing her studies in both New York and Italy. "Working as a pharmacist in the conventional medical model allowed me to fully recognize that drugs were not the way I wanted to help people." Motivated by a desire to go beyond the limitations of conventional medicine, Dr. Nicole was drawn to the integrative, sustainable, and holistic approach of naturopathic care. Driven to help others uncover the root causes of their health concerns, she enrolled at the University of Bridgeport College of Naturopathic Medicine, where she earned a Doctorate in Naturopathic Medicine and a Master of Science in Acupuncture—graduating summa cum laude (with highest honors) in both programs. Passionate about naturopathic philosophy, lifelong learning, and community engagement, Dr. Nicole has played a leading role in curating and directing several inspirational and educational conferences. As Chair of Events, she helped shape the 11th Annual Naturopathic Gathering (2013) and the CNPA Annual Conferences (2022–2025), which brought together naturopathic doctors, experts, and students from across North America. Dr. Nicole was recognized for her professionalism and commitment to patient-care as the recipient of the Clinical Excellence award as well the All-Around Excellence award from the University of Bridgeport College of Naturopathic Medicine. Driven to create a healthier, more conscious, and joyful world, Dr. Nicole founded Vis Wellness Center in Rocky Hill, CT—an accredited business with the Better Business Bureau. There, she provides comprehensive naturopathic care and hosts holistic events. Embracing the role of "Doctor as Teacher," she regularly leads wellness programs, health fairs, and cooking workshops to educate and empower the community. "Individuals I work with become empowered to take their health into their own hands and are ready to feel like the best version of themselves, like they deserve to!" Dr. Nicole advocates for naturopathic medicine on both state and national levels, including annual "DCFLI" legislative initiatives at Capitol Hill. She serves as Vice President and Events Committee Chair of the Connecticut Naturopathic Physicians Association and is an active member of several professional organizations, including the American Association of Naturopathic Physicians, New York Association of Naturopathic Physicians, American Apitherapy Society, Connecticut Holistic Chamber of Commerce and Holistic Community Professionals. Dr. Nicole has been honored as Connecticut's Top 10 Best Naturopathic Doctor every year from 2018 to 2024 and her practice recognized as one of the Best Holistic Weight Loss Centers by Natural Nutmeg's 10BEST Readers' Choice Awards. Dr. Nicole's clinical training consists of a wide range of care settings throughout the U.S. including: private practice, inpatient hospital, outpatient hospital, community clinic, inpatient psychiatric institution, and substance abuse treatment facility. She has trained under esteemed leaders of both the naturopathic and pharmacy professions with focus on Endocrinology, Geriatrics, Addiction Medicine, Mental Health, Gynecology, Integrative Oncology, Traditional Chinese Medicine and Pediatrics. Dr. Nicole is deeply committed to global health and humanitarian

service, providing medical care in underserved regions around the world. She has participated in medical missions to Italy, Jamaica, Guatemala, and Ecuador, advocating for sustainable healthcare solutions in communities with limited access. "Becoming a naturopathic physician has allowed me to help people with a strong sense of honor, passion and pride. I am confident that I am supporting individuals to truly heal by addressing the root cause of illness." Dr. Nicole approaches life and medicine with enthusiasm, optimism, and creativity. She values open-mindedness and embraces unconventional paths that often lead to overlooked solutions. Based in Connecticut, she frequently travels to experience diverse cultures and explore traditional healing practices. Deeply passionate about health, happiness, and natural living, she finds joy in movement and fitness—whether through yoga, hiking, swimming, biking, or outdoor adventures. She also enjoys preparing wholesome meals with loved ones, learning about beekeeping and apitherapy, and attending live music."

c) from drnicoleklughers.net/services:

"Services Therapies Naturopathy "Food as Medicine" Personalized Diet & Nutrition Plans Botanical/Herbal Medicine Acupuncture Nutrient Supplementation Health Coaching & Health Goal Development Pharmacotherapy/Drug Review for Nutrient Depletions, Side Effects & Interactions Lifestyle counseling Mind-Body Medicine Meditation & Breath Work Testing Offered Includes: Advanced Lipid Panel Food Allergy & Sensitivity Nutritional Status Assessment Heavy Metal & Toxic Elements Hair Analysis Neurotransmitter Testing Female & Male Hormone Panel Gut Microbiome & Intestinal Health Stool Analysis Adrenal Function & Stress Hormone Testing Inflammatory Marker Assessment Environmental Allergy Testing And more - depending on patient presentation Health Detective Square Dr Nicole Klughers Special Interests Digestive Issues & Leaky Gut Thyroid Dysfunction Immune Disorders Allergies Chronic Fatigue Hormonal Issues & Adrenal Dysfunction Sleep Disorders Weight Management Anxiety & Depression Hair Loss Healthy Aging PMS, Irregular Menses Female aging/Menopause Male aging/Andropause Sex Drive/Function Fertility/Preconception & Pregnancy Care Food Allergies, Intolerances, Sensitivities Acne, Eczema, Psoriasis Arthritis, Osteoporosis Pain Reduction Pre and Post Surgery Support."

d) from drnicoleklughers.net/naturopathy:

"Naturopathic Medicine So, what is Naturopathic Medicine? The American Association of Naturopathic Physicians (AANP) defines naturopathic medicine as a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The practice of naturopathic medicine includes modern and traditional approaches as well as scientific and empirical methods. "Naturopathic practice includes the following diagnostic and therapeutic modalities: clinical and laboratory diagnostic testing, nutritional medicine, botanical medicine, naturopathic physical medicine, public health measures, hygiene, counseling, minor surgery, homeopathy, acupuncture, prescription medication, intravenous and injection therapy, and naturopathic

obstetrics.” There are fundamental principals [sic], which represent the groundwork of naturopathic medical practice. These principals affirm the healing power of nature and seek to identify and treat underlying causes of illness. Naturopathic physicians utilize methods, which minimize risk of harm and emphasize prevention of disease. In addition, the principals of practice require naturopathic physicians to educate patients and encourage active involvement in their health. “Naturopathic physicians treat each individual patient by taking into account physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.” Naturopathic doctors (NDs) are primary care physicians who have attended a four-year accredited naturopathic medical school, are clinically trained, and work in all aspects of family health — from pediatric to geriatric care. Because NDs view natural remedies as complementary as well as primary, they cooperate with other medical professionals, referring patients to (and receiving patients from) conventional medical doctors, surgeons and other specialists when appropriate. Principles of Naturopathic Medicine The Healing Power of Nature - Vis Medicatrix Naturae Naturopathic medicine recognizes the body's inherent ability to heal itself. Naturopathic physicians identify and remove obstacles to recovery to facilitate this healing ability in patients. Identify and Treat the Causes - Tolle Causam The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than eliminate or merely suppress symptoms. First Do No Harm - Primum Non Nocere Naturopathic medicine follows three principles to avoid harming the patient: Use methods and medicinal substances which minimize the risk of harmful side effects; Avoid, when possible, the harmful suppression of symptoms; Acknowledge and respect the individual's healing process, using the least force necessary to diagnose and treat illness. Doctor as Teacher – Docere Naturopathic physicians educate the patient and encourage self-responsibility for health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship. Treat the Whole Person - Tolle totum Naturopathic physicians treat each individual by taking into account physical, mental, emotional, genetic, environmental and social factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual path. Prevention – Praevenire Naturopathic physicians emphasize disease prevention, assessment of risk factors and hereditary susceptibility to disease and making appropriate interventions to prevent illness. Naturopathic medicine strives to create a healthy world in which humanity may thrive. Wellness Wellness follows the establishment and maintenance of optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought and action. Wellness is inherent in everyone, regardless of disease (or shall we say dis-ease). If wellness is recognized and experienced by an individual, it will more quickly heal a given dis-ease than direct treatment of the dis-ease alone. How does naturopathic medicine compare to conventional medicine? A naturopathic doctor is educated in all of the same basic sciences as a medical doctor (MD) and uses the Western medical sciences as a foundation for diagnosis and treatment. Just like MDs, naturopathic physicians must pass rigorous professional board exams before they can be licensed by a state or jurisdiction. And, for at least the final two years of the medical program, naturopathic medical students intern in clinical settings under the

close supervision of licensed professionals. NDs, however, also study holistic approaches to therapy with a strong emphasis on disease prevention and promoting wellness. In addition to a standard medical curriculum, NDs are trained in clinical nutrition, homeopathic medicine, botanical medicine, psychology, physical medicine and counseling. Another distinguishing feature is the treatment philosophy: Naturopathic doctors see the physician as someone who facilitates healing by identifying and removing barriers to health. Legal Status for Naturopathic Physicians Naturopathic doctors are licensed or registered as health care providers in Alaska, Arizona, California, Colorado, Connecticut, Delaware, District of Columbia, Hawaii, Idaho, Kansas, Maine, Massachusetts, Maryland, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Pennsylvania, Rhode Island, Utah, Vermont, Washington and the U.S. territories of Puerto Rico and the Virgin Islands. Legal provisions allow the practice of naturopathic medicine in several other states. Naturopathic doctors are also recognized in British Columbia, Manitoba, Ontario, Nova Scotia and Saskatchewan. Efforts to gain licensure elsewhere are currently under way. Forty-two states and territories in the United States have professional associations for naturopathic medicine. Canada has 11 provincial and territorial professional associations For more information, click below to visit the sites of: The American Association of Naturopathic Physicians or The Association of Naturopathic Medical Colleges."

e) from drnicoleklughers.net/acupuncture:

"ACUPUNCTURE: Frequently Asked Questions What is Acupuncture? Acupuncture is a 3,000-year-old healing technique of Traditional Chinese Medicine. The U.S. National Institutes of Health (NIH) has documented and publicized acupuncture's safety and efficacy for treating a wide range of conditions. Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites - commonly referred to as acupuncture points, or acupoints by the insertion of fine, single-use, sterile needles into the skin. Modern research has demonstrated acupuncture's effects on the nervous system, endocrine and immune systems, cardiovascular system, and digestive system. By stimulating the body's various systems, acupuncture can help to optimize health, resolve pain, and improve sleep, energy, digestive function, and sense of well-being. What does Acupuncture do? Traditional Chinese Medicine is based on ancient philosophy that describes four interconnecting forces: yin, yang, qi and blood. When these forces are in balance, the body is healthy. However, if any of these factors become imbalanced, energy gets blocked, like water getting stuck behind a dam, and the disruption can lead to pain, lack of function, or illness. Acupuncture therapy can release blocked qi in the body and stimulate function, evoking the body's natural healing response through various physiological systems. How does it work? Scientifically, acupuncture is believed to stimulate the nervous system and producing the needling sensation sets off a biochemical cascade which enhances healing. Some acupuncture points are used very frequently to stimulate a "global" healing response that can affect many diseases. Other points have more specific applications and needling at those points may affect only one of the signaling systems. It is common to combine the broad-spectrum points and the specific points

for each treatment. Why would I want to have an acupuncture treatment? to help you relax to help you feel more energized to help you avoid illness/injury to help alleviate physical pain to help you think more clearly to help calm a racing mind (especially around bedtime) to take time to care for yourself!”

f) from drnicoleklughers.net/visit:

“What to Expect What Can I Expect From an Initial Visit? Consent and intake forms: First you will need to complete New Patient Questionnaires through your online patient portal or by paper copy (mailed to your home upon request). Make sure to fill these out and submit to Dr. Nicole at least 2 days prior to your visit. This way, the time during your visit can be used most effectively to address your health concerns. These questionnaires are very thorough and longer than an average medical form and typically require about 30 minutes of your time to complete. Timing: Initial visits are approximately 80 minutes. Follow-up appointments are typically 50 minutes. It is common courtesy to show up on-time for your visit (or early). Your time is valuable and Dr. Nicole strives for little or no waiting times in both her office or virtual appointments. Due to current public health concerns, our waiting room is closed. We ask for you to text 234-222-8362 when you arrive and wait in your car until you receive a text instructing you to come to our gardenside door. Intake: Naturopathic doctors are unique in our intake assessments. Dr. Nicole acts as a health detective who is detailed in her approach to discover the root cause of your imbalance, illness or medical condition. Be prepared to be asked a wide range of questions that you may or may not think are relevant to your case. It is in your best interest to be as honest as possible so that Dr. Nicole can obtain a holistic and individualized understanding of you. The goal of the initial visit is to thoroughly collect information to serve as the foundation for Dr. Nicole to understand you as a holistic and dynamic human being. Review of supplements and medications: If you are currently taking any supplements or medications, bring them to your first visit with the correct dosages and duration for taking each. If you’ve taken any medication in the past for a significant amount of time, it's also important to list what it was, the dose and when you were on it. Focused physical: ND’s are trained to do physical examinations. At your first visit, your vitals will be taken (temperature, pulse, blood pressure and respiratory rate) and a focused physical exam will be done for your specific concerns. Testing: Laboratory work-ups are often requested to identify a cause for your concern and to track progress. Dr. Nicole is thoroughly trained to assess blood test results and determine if results are within an optimal range (normal is not always optimal). Please bring any test results you have within the last 2 years or have your test results faxed from another doctor to our office at 860-469-2882. Additional tests will be ordered when necessary. The majority of tests are billed and covered by your health insurance plan at the laboratory. Unique testing with stool, urine or hair, may also be utilized for a deeper analysis of gut health, food sensitivities, heavy metal toxicity and more. Treatments: You are what you eat! This is why Dr. Nicole is known to utilize food as medicine as the foundation for her treatment plans. She will provide nutritional or lifestyle recommendations and may prescribe supplements or botanical medicines. Depending on your concerns, acupuncture may be indicated

and included in your treatment plan. As mentioned, much of the first visit is spent getting to know you but a preliminary treatment plan is often developed. Follow-up visits: The number and frequency of visits to expect varies depending on the person and condition. Dr. Nicole supports a proactive and preventative approach to wellness. This focuses on health-care and keeping you well, rather than waiting for you to be sick to provide care. Naturopathic medicine is not about “quick fixes” or suppressive treatments. Healing from the root of the cause takes more time and effort than the conventional reactive model, but it is sustainable and preventative for future ailments. Timeline: It’s often estimated that for every year you’ve had a condition or symptom, it will take approximately 1 month to reverse. For example, someone suffering from fatigue for 5 years, may take 5 months to clear symptoms. However, often times the correct diet and lifestyle changes can remove a symptom almost immediately. Consistency is the key for healing so always stick to your treatment protocol for at least 1 month before deciding if it is helping or not. Insurance coverage: Dr. Nicole is considered an Out-Of-Network (OON) provider and therefore we do not bill any insurance in office. Check with your insurance company to verify your Out-Of-Network (OON) benefits for your naturopathic medical visits. Some companies specifically allocate health insurance for ND’s while others give a broad “alternative," "specialist" or "complementary” health category. If you are at all unsure, call up your insurance company and ask. Insurance coverage is not necessary to see Dr. Nicole and practical, self-pay options are available. Click here for more information on payment, insurance reimbursement and a list of questions to clarify with your insurance carrier. Optimal mindset: It’s important to enter your appointment with an open mind. Many patients have seen multiple practitioners without success but naturopathic physicians are different. Dr. Nicole is an evidence-based practitioner with extensive safe and effective clinical tools. With a holistic approach, Dr. Nicole empowers patients to take back control of their health through patient-focused and results-based care. Your health is a process and a journey. It requires your time and effort to get the greatest results for restorative and preventative medicine. You are worth the time, energy and commitment.”

g) from drnicoleklughers.net/single-post/2017/06/28/3-ways-a-naturopathic-doctor-can-help-you:

“3 Ways a Naturopathic Doctor Can Help You Originally Posted on Swellby.com The American Association of Naturopathic Physicians (AANP) defines naturopathic medicine as a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals’ inherent self-healing process. Although there are MANY ways to help patients heal with naturopathic medicine, here are three ways which are very helpful in the majority of patients I see. 1. Assess Your Nutritional Status – Naturopathic doctors (NDs) have extensive training in nutritional medicine and many naturopathic treatment plans prescribe food as medicine to provide essential nutrients to the body. By reviewing your diet, your ND can determine which vitamins, minerals or macronutrients may be lacking and make appropriate recommendations based on your needs or health condition. This is vital

in the restoration of health and prevention of disease. If you happen to be taking any medications, your ND will also assess for nutritional deficiencies caused by these medications and make sure they are adequately replenished. Very often, your ND will obtain some laboratory testing to assess for nutritional status with blood work that is not routinely included in conventional medical visits. These tests provide further insight to your body's levels of vitamins, minerals, antioxidants, amino acids, organic acids, essential fatty acids and even food allergies. 2. Optimize your Metabolism – Your metabolism is largely dependent not only on your nutritional status and physical activity, but also your endocrine system. Your endocrine system includes glands such as your thyroid, adrenals, pancreas and gonads. These glands release hormones which regulate your metabolic rate, cell growth, mood, energy, sexual functions and sleeping cycles. NDs often utilize herbal medicine or natural supplements to regulate hormones and enhance your metabolism so that your body runs efficiently. A common result of this is healthy weight management, improved energy and focus, and better sleep. 3. Seeing You as a Whole Person – Although some NDs have special focuses in their practice, NDs see each patient as a whole, dynamic human being. This includes the assessment of each person's mental, emotional, energetic, social, environmental and physiologic health. An average first visit with a ND is at least 1 hour, and sometimes longer. This time is required to have a good understanding of who you are, what your health concerns are and what role your health history plays. NDs take the time necessary to listen and discover what obstacles to cure may be present. It is also important for NDs to put together all the pieces of information you provide and find the connections amongst all bodily systems. This holistic approach helps NDs to discover and address the underlying cause of a health issue to allow for sustainable results and healing, rather than utilize therapies to subdue symptoms."

075. ND Kerr Pages at fertilityoasis.com

a) from fertilityoasis.com/welcome-message:

"Hi and Welcome to Fertility Oasis! Dr. Nicole Kerr here, naturopathic doctor and acupuncturist I am honored that you are here in seek of alternative therapies on your journey to parenthood. It is clear you are curious about a more holistic approach to your fertility You may have been through rounds of IUI or IVF before seeking alternative care Or you may be looking into naturopathic therapies before trying to become pregnant Either way there are many natural therapies that have been proven to correct: irregular menstrual cycles, PCOS, unexplained infertility, "poor" egg quality, sperm abnormalities and recurrent miscarriages After treating these conditions for about 10 years, I decided to shift the focus of my practice to fertility It is important to me, that YOU have all the options available to you including IUI and IVF At Fertility Oasis you will learn the lifestyle changes that can improve your fertility, you will learn the underlying cause of your fertility struggle, and most importantly improve the health of your baby by being a healthier version of YOU."

b) from fertilityoasis.com/services:

“Naturopathic Consultation* Initial Visit: Individual- 1 hour $300 Couple’s- 1.5 hours $450 Individual initial visit at Fertility Oasis involves a complete naturopathic medicine evaluation, review of recent fertility records, lab orders, and treatment suggestions including dietary and lifestyle recommendations, herbals, and supplements. This visit will cover the risk factors that may be impacting your chances to conceive naturally, and with IUI/IVF. Couple’s initial visit is for both partners to be evaluated. You will both receive an evaluation, review of recent records, lab orders, and treatment suggestions. Follow-up Visit: Individual- 30 minutes $150 Couple- 45 minutes $250 Your follow-up visits are every 2-3 months depending on your treatment protocol and conditions being treated. It is to re-evaluate any symptoms and to make any changes needed to the treatment plan. Acupuncture*Initial Visit- 60 minutes $200 Many patients are looking to enhance their IUI or IVF with acupuncture ONLY-no naturopathic evaluation. It is well documented that acupuncture can be used during IUI and IVF cycles to increase the success rate of those procedures. For these cases, Fertility Oasis offers an acupuncture only initial visit. This visit includes an acupuncture focused evaluation and acupuncture treatment. Return Visits- 60 minutes $90/treatment Pre-Paid Package- 10 treatments for $750 Return acupuncture visits will be needed to improve your natural fertility outcome or success with IUI and IVF. Combining acupuncture with naturopathic medicine increases your potential to having a healthy pregnancy and healthy baby, and decreases the time to a healthy pregnancy. After your Initial Visit, acupuncture may be suggested as part of your treatment plan. Nutraceuticals Prices Vary Supplements of herbal and vitamin origin will be prescribed to support the body in the preconception care and trying to conceive time period. Fertility Oasis uses an all natural approach to hormone balancing which is enhanced and improved with nutraceuticals. Functional Medicine Testing Prices Vary D.U.T.C.H Testing by Precision Analytical DNA Labs Reprosource *Dr. Kerr is not a provider with any insurance plans. She does provide paperwork for you to submit to your insurance company for possible reimbursement.”

c) from fertilityoasis.com/clinic:

“Fertility Oasis Approach The place to fulfill your dream of becoming a parent, naturally. Fertility Oasis is a naturopathic medicine and acupuncture clinic excelling at functional medicine approaches to fertility. Functional medicine looks at how your body is operating in its entirety, in the current environment, and how it is impacted by this. An example: if you have infertility and IBS, your fertility issues could functionally be a result of having poor absorption of nutrients. Correcting the gut dysfunction can improve your nutrient status and thus fertility. At Fertility Oasis, an investigation of your hormones, lifestyle and dietary choices, nutritional deficiencies, emotional and mental wellbeing, and toxic burden on the body, is performed. Dr. Kerr analyzes all this information to develop a treatment protocol that will improve the underlying contributing factors impacting your reproductive health. Clinic Expectation Both partners are encouraged to have a functional assessment performed due to 40% of fertility struggles being a result of a female factor, 40% a male factor, and 20% both partners have contributing factors. If only one partner (usually the female) is evaluated at Fertility Oasis, at minimum the

history sheet of the absent partner and a semen analysis of the male partner is encourage to rule out an issue with sperm shape and motility. Natural approaches to improving fertility take time. Egg and sperm take 3 months from start to finish for proper development and formation. Dr. Kerr emphasizes that 6-9 months is often needed to remove, correct, and overcome what could be causing your fertility struggles. During this time you will have follow-up labs and testing to ensure the proper and most beneficial protocol is being utilized. Whether you have been officially diagnosed with infertility, have other reproductive concerns, or are simply curious about natural medicine, Dr. Kerr is here to develop the best pre-conception plan possible for you. Live today as you would if you were already pregnant. Therapies Botanical medicine: herbal tinctures, teas, capsules, and topical applications are utilized Nutritional supplements: patient specific vitamins, minerals, omegas, and antioxidants are recommended Dietary and lifestyle modifications: a top priority for Fertility Oasis is to identify and manage any lifestyle habits that are detrimental to your reproductive health Traditional Chinese Medicine: Over her career, Dr. Kerr has seen expedited results in patients that have acupuncture in conjunction with botanical and nutritional therapies. Acupuncture: use of fine needles inserted just below the surface of the skin Moxibustion: burning of the herb mugwort over the skin Cupping: glass or plastic cups are applied to the skin at specific areas of the body, creating a suction Electroacupuncture “E-stim”: a form of acupuncture where a small electric current is passed between pairs of acupuncture needles Gua Sha: involves scraping the skin with a massage tool to improve circulation and break up adhesions Tui Na: a form of bodywork/massage that uses stretches, pressure points, and joint rotations, to balance the body's vital energy Fertility Oasis is here to help you!”

d) from fertilityoasis.com/drkerr:

“Feeling lost, confused, or unheard when it comes to your fertility? Dr. Kerr will listen to all your concerns, educate you on your best options to becoming pregnant, and help guide you through this very exciting time of becoming a parent. Dr. Kerr is committed to helping women regulate their cycles, resolving unwanted pre-period and period symptoms, improving male partner semen parameters, and assisting couples to conceive naturally. Fertility Oasis is her vision of the place couples heal their fertility issues, and optimize their reproductive health, naturally. Dr. Kerr’s Story I struggled with painful, debilitating periods for most of my high school and college years. I was prescribed oral contraception pills as a “corrective” measure (I would still miss days due to pain) and developed migraine headaches as a consequence. I knew there had to be a better way to improve these monthly symptoms. I also knew the pill was not correcting any underlying issue, only masking the symptoms temporarily, and worse putting me at risk for stroke.After completing my undergraduate degree in Biological Sciences with a concentration in Molecular and Cellular Biology at Cornell University, I wanted to pursue a career focused on health and wellness. I also wanted that career to be as naturally oriented as possible; it just resonated with me on a level I could not explain. I stumbled upon Naturopathic Medicine while investigating my graduate school options, and fell in love with the foundational tenets of the profession. Finding

naturopathic medicine led me to break from the traditional ideas I was brought-up with surrounding medicine. People questioned why I would pursue an unknown profession. Most didn't understand. But this was my journey to explore. I was fascinated that there was an entire career that works with the body to HEAL it, instead of masking and palliating symptoms with substances that often led to worse symptoms/side effects. Following my new found passion, I graduated with a doctorate from the University of Bridgeport College of Naturopathic Medicine. I was the recipient of the Clinical Excellence award in my graduating class. I then graduated a year later with a master's degree from the University of Bridgeport Acupuncture Institute. I was the recipient of the Golden Needle award at that time. Both awards are given to the top graduate with outstanding clinical application and patient care. A master's degree in Acupuncture was never my intent upon going to UBCNM for my doctorate. I was curious about acupuncture during my first semester, and after my debilitating period pain was resolved after only TWO acupuncture treatments, I had to have this modality in my repertoire. So here I am, a licensed naturopathic physician and licensed acupuncturist in the state of Connecticut with 10+ years experience treating women's health concerns. My personal struggles with fertility, and no explanation, guidance or options given from mainstream medical professionals, paved the road to a new passion deep inside me-Natural Fertility. Knowing there are options available, being committed to getting those therapies out for all to learn, and my desire to help couples struggling to conceive both naturally and with failed rounds of IVF and IUIs, led me to opening Fertility Oasis. I look forward to working with you on your journey to parenthood. It may seem far off or an impossibility at this time, but I will work my best to give you the advice, guidance and treatment options that best fit your INDIVIDUAL circumstance. Best In Health! -Dr. Nicole Kerr, N.D., L.Ac."

e) from fertilityoasis.com/foundational-tenets:

"Naturopathic Medicine Tenets The Healing Power of Nature (Vis Medicatrix Naturae): Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process. Identify and Treat the Causes (Tolle Causam): The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms. First Do No Harm (Primum Non Nocere): Naturopathic physicians follow three guidelines to avoid harming the patient: Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat; Avoid when possible the harmful suppression of symptoms; and Acknowledge, respect, and work with individuals' self-healing process. Doctor as Teacher (Docere): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship. Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal

spiritual development. Prevention: Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness."

076. ND Manipon Pages at revitalizewc.com

a) from revitalizewc.com/about:

"About Revitalize Wellness Center Everything we do at Revitalize Wellness Center is centered around you, the patient – because you hold the keys to shaping your health. With our guidance and your active participation, we can take this journey towards health, and create a lifetime of long-term health. 10 BEST Naturopathic Physicians in Fairfield County Our Core Values Of Care A Naturopathic Approach Rooted in our focus on participatory patient care, it's our mission to empower to create health for yourself, no matter where you are right now with our expert guidance. Functional Testing Advanced Diagnostic Testing to evaluate nutrition, vitamins, minerals, gut health, and hormones. Personalized Care Our care is so effective because we focus on dealing with the catalyst of illness and your individual needs. The key is to rebalance your body so it can heal naturally and safely heal. Meet Dr. Nina Manipon, VNMI I graduated from Southwest College of Naturopathic Medicine, (now Sonoran University of Health Sciences), a four-year program in Tempe, Arizona with a Doctorate of Naturopathic Medicine and completed a highly competitive residency in general family practice at the University of Bridgeport's Naturopathic Medical Clinic where I focused on Women's Health. I am licensed to practice medicine as a Naturopathic Physician in Connecticut and in New Jersey I am a Naturopathic Wellness Consultant. Take The First Step Today On Your Journey Back To Health Book A Complimentary Discovery Call REVITALIZE WELLNESS CENTER Known for her successful treatment of mystery illnesses, Dr. Nina Manipon combines a naturopathic medicine approach with the appropriate lab testing. Her unique approach to diagnosing and treating diseases and disorders recognizes that lasting health depends on resolution of the root causes of your disease. Click here to learn more UNIQUE APPROACH One of the unique aspects of Revitalize Wellness Center is our belief in "food as medicine". Our approach includes a dietary evaluation, assessing vitamin and mineral deficiencies, hormones, and utilizing natural therapies to heal chronic illness. Click here to learn more about Dr. Nina Manipon's approach » YOUR NEXT STEPS."

b) from revitalizewc.com/what-is-naturopathic-medicine:

"What Is Naturopathic Medicine Only the Naturopathic Doctors that receive training at an accredited school can be licensed physicians. Having a license to practice medicine gives Naturopathic Doctors the ability to prescribe, diagnose, and treat medical conditions in the states where their licensing is regulated. Principles Of Naturopathic Medicine The Healing Power of Nature Naturopathic medicine recognizes an inherent self-healing process in the person that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to facilitate and augment this inherent self-healing process. Identify and Treat the Cause The naturopathic physician seeks to identify and remove the underlying causes of

illness, rather than to merely eliminate or suppress symptoms. First, Do No Harm Naturopathic physicians follow three precepts to avoid harming the patient: Utilize methods and substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat. Avoid, when possible, the harmful suppression of symptoms. Acknowledge, respect, and work with the individual's self-healing process. Doctor As Teacher Naturopathic physicians educate and encourage self-responsibility for health by teaching the principles of healthy living and preventive medicine. Treat the Whole Person Naturopathic physicians treat by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Prevention Naturopathy emphasizes the prevention of disease — assessing risk factors, heredity, and susceptibility to disease and making appropriate interventions to prevent illness. Naturopathic Therapeutic Approach 1. Establish the conditions for health Identify and remove disturbing factors Institute a more healthful regimen 2. Stimulate the healing power of nature (vis medicatrix naturae): the self-healing processes, through low force methods such as constitutional hydrotherapy, homeopathy, acupuncture 3. Address weakened or damaged systems or organs (via botanical medicine, homeopathy, orthomolecular nutrients, glandulars, homeopathy, and other minimally invasive, safe, natural therapies) Strengthen the immune system Decrease toxicity Normalize inflammatory function Optimize metabolic function Balance regulatory systems Enhance regeneration Harmonize life force 4. Correct structural integrity 5. Address pathology: use specific natural substances, modalities, or interventions use specific pharmacologic or synthetic substances 6. Suppress or surgically remove pathology. Know The Difference. Not all Naturopaths are medically-trained. Some naturopathic programs are completely or partially offered online requiring no medical training. To be sure your naturopathic doctor has been medically trained they must have attended a four-year, post bachelor, accredited naturopathic medical school. Naturopathic physicians undergo training that is similar in structure and scope to that of medical and osteopathic doctors. Naturopathic medical colleges are four-year graduate schools with rigorous admissions requirements comparable to other medical schools. The Doctor of Naturopathic Medicine (ND) degree is awarded after classroom, clinic, and practical study. The training also includes extensive study of naturopathic philosophy and therapeutics. Because coursework in natural therapeutics is added to a standard medical curriculum, naturopathic doctors receive significantly more hours of classroom education in these areas than the graduates of many leading medical schools. In addition to classroom education, Naturopathic Physicians are also required to complete extensive clinical and practical training before being awarded a Doctor of Naturopathic Medicine (ND or NMD) degree. Naturopathic graduates must then pass national board exams in order to receive a license to practice medicine. Although Naturopathic Doctors are trained to prescribe pharmaceutical drugs and are as educated in pharmacology as MDs are, they emphasize the use of natural healing agents that restore the body to its original healthy state. In addition, many Naturopathic Doctors have acquired further training and may offer treatments in other specialty areas. Naturopathic Doctors refer patients to other medical doctors, surgeons, and other specialists when appropriate. Medically-trained Naturopathic Doctors work in: private practices hospitals clinics community health centers research teaching institutions.

Depending on the state, NDs treat everyone from infants and children to the geriatric population and every type of medical condition from colds, flus, allergies, and infections to chronic diseases such as autoimmune diseases, endocrine disorders, cancer prevention, reproductive concerns, chronic pain, and much more."

c) from revitalizewc.com/webinar/signup:

"Discover The Grace Method: Your Path to Optimal Health Through Terrain-Based Healing Empower Yourself to Achieve Optimal Health and Vitality at Every Stage of Life INSTANT ACCESS YES, SIGN ME UP!HERE'S WHAT YOU'LL LEARN: Phase 1: GUT RESET How to reduce inflammation, enhance nutrient absorption, and support proper elimination in 6-8 sessions Phase 2: ADRENALS Supporting healthy cortisol levels, managing stress effectively, and improving sleep quality Phase 3: CARE Supporting heart health and optimizing detoxification through cellular drainage and organ function Phase 4: ENDOCRINE Addressing systemic risk factors including inflammation and hormonal imbalances My Promise Are you ready to transform your health using The Grace Method - a comprehensive care system focused on terrain-based healing? This proven 4-phase approach addresses the root causes of health issues by systematically supporting your gut, adrenals, cellular care, and endocrine system. It's time to experience true vitality through targeted, sequential healing. Meet Dr. Nina Manipon I graduated from Southwest College of Naturopathic Medicine, (SCNM), a four-year program in Tempe, Arizona with a Doctorate of Naturopathic Medicine and completed a highly competitive residency in general family practice at the University of Bridgeport's Naturopathic Medical Clinic where I focused on Women's Health. I am licensed to practice medicine as a Naturopathic Physician in Connecticut and in New Jersey I am a Naturopathic Wellness Consultant."

d) from revitalizewc.com/autoimmune-leaky-gut-connection:

"Autoimmune-Leaky Gut Connection Leaky gut – also known as increased intestinal permeability – is a digestive condition in which bacteria and toxins are able to "leak" through the intestinal wall. Unfortunately, many people suffer from leaky gut and attribute their symptoms to aging, having a "sensitive stomach," or random stress. Autoimmune-Leaky Gut Connection Leaky gut – also known as increased intestinal permeability – is a digestive condition in which bacteria and toxins are able to "leak" through the intestinal wall. Unfortunately, many people suffer from leaky gut and attribute their symptoms to aging, having a "sensitive stomach," or random stress. Leaky gut can be caused by a wide range of issues from undiagnosed food sensitivities such as gluten intolerances, eating too much sugar or overconsumption of alcohol, overgrowth of yeast, parasites, or even from taking too many medications, especially antibiotics. How Leaky Gut Can Lead to Autoimmunity Once your gut becomes leaky, this has a serious impact on your immune system because it automatically intensifies your inflammation levels. Once the delicate barrier of your intestines is compromised, bits of food, toxins, and bacteria can enter your bloodstream, resulting in a condition known as endo toxemia in which your blood becomes toxic and continually triggers your immune response. This creates a persistent low level of inflammation, which triggers your

immune system uses white blood cells to attack, creating massive inflammation. This also creates confusion for your immune system and “less accuracy” to deal with the invaders or toxins in your blood. Eventually, this leads to autoimmunity because your healthy tissues get attacked as well. The Naturopathic Medicine Approach to Treating Leaky Gut The naturopathic medicine approach to healing leaky gut first focuses on correcting digestion and assessing which foods you are unable to metabolize well. Since your gut health impacts your health in other ways, checking for autoimmune illness is one of the first places we examine. Leaky gut along with other gut issues such as irritable bowel syndrome, small intestinal bacterial overgrowth (SIBO), or its cousin small intestinal fungal overgrowth (SIFO) can all have a huge impact on your immune system. Reestablishing a healthy gut microbiome is one of the best ways we can bolster your immune system and help you to free yourself of some of the symptoms typically linked to autoimmune illness. These symptoms include fatigue, joint pain, headaches or food intolerances to dairy or eggs. At Revitalize Wellness Center, we see an incredible decrease in symptoms and remission for people with autoimmune disease once they healed their leaky gut and other gut issues. Dr. Manipon has expertise in identifying and treating leaky gut and dealing with autoimmune illness, including how to manage flare-ups. If you have been experiencing chronic symptoms that may be connected with digestive problems and are looking for answers, schedule an appointment with Revitalize Wellness Center today!”

e) from revitalizewc.com/hormone-imbalances:

“Balancing Hormones Naturally and PreNatal CareLeaky gut – also known as increased intestinal permeability – is a digestive condition in which bacteria and toxins are able to “leak” through the intestinal wall. Unfortunately, many people suffer from leaky gut and attribute their symptoms to aging, having a “sensitive stomach,” or random stress. Hormones, such as estrogen, testosterone, adrenaline and insulin are created in the endocrine glands and work as chemical messengers throughout your body to accomplish a wide range of important physical and chemical functions, from turning on and off hunger cues to running your reproduction systems, and even triggering emotional states including balancing your mood. Understanding the major hormones and what they do will help our patients take control of their health. Balancing hormones naturally is not only effective but also can have additional benefits such as increased energy, weight loss, improved sleep, and healthier skin. That’s why at Revitalize Wellness Center, treating the root cause of your imbalances involves a personalized plan that also provides you with the tools to lead a healthier, more vibrant life. Signs & Symptoms of Hormonal Imbalances Symptoms of hormone imbalances can manifest in many ways, including: Painful or irregular periods or PMS Unexplained weight gain or weight loss and change in appetite Depression, anxiety or brain fog Fatigue or low energy Insomnia or lack of deep sleep Low libido Digestive issues, skin issues, or vision issues Hair loss and thinning hair Difficulty getting pregnant Symptoms of hormonal imbalances can range quite a bit depending on what role that specific hormone plays in balancing your body. Some issues associated with standard hormonal imbalances may include: Estrogen Dominance: disrupted sleep patterns,

weight and appetite fluctuations, increased stress and anxiety, and slowed metabolism Polycystic Ovarian Syndrome (PCOS): infertility, weight gain, acne, abnormal hair growth Low Estrogen: decreased libido, reproductive issues, loss of menstrual regularity, mood changes Hypothyroidism: slowed metabolism and fatigue, weight gain, anxiety, irritability, digestive problems, irregular menstrual cycles Low Testosterone: erectile dysfunction, loss of muscle mass, weight gain, fatigue and mood issues Grave's Disease: anxiety, hair loss, weight loss, IBS or digestive issues, irregular sleep and heartbeats Diabetes: weight gain, neuropathy, vision loss, fatigue, trouble breathing, dry mouth, skin issues Overworked Adrenals: muscle aches, fatigue, anxiety and depression, trouble sleeping, brain fog, reproductive challenges Potential Causes of Hormonal Imbalances Hormonal imbalances are created by a combination of lifestyle factors — such as diet, exercise, environment, genetics, stress, and exposure to toxins from plastics, makeup, cleaning supplies and even pesticides in food. Some of the major causes of hormonal imbalances include: Food allergies & gut flora imbalances: New scientific research shows that the flora in your gut (microbiome) plays a crucial role in hormone regulation and regulating inflammation that is at the root of so many chronic illnesses. If you have IBS, SIBO, leaky gut syndrome or a lack of good gut bacteria residing in your intestines, you're more susceptible to hormonal imbalances. Weight gain or obesity High levels of inflammation caused by a poor diet and a sedentary lifestyle Genetic predisposition High levels of toxin exposure including exposure to pesticides, harmful bacteria, parasites, viruses, cigarette smoke (even second-hand), excessive alcohol and other harmful chemicals or compounds like lead and formaldehyde High amounts of stress and regular release of stress hormones like cortisol, paired with a lack of rest and deep sleep The earlier hormonal imbalances are diagnosed, the sooner you can start addressing them naturally – feel free to schedule a complimentary phone consultation to see what the best next steps are for you."

f) from revitalizewc.com/autoimmune-diseases:

"The Grace Method against attack from viruses, bacteria, that you come in contact with and this complex system of defense can be compromised by many lifestyle factors, including food allergies, toxins, and sudden illness or viruses. Autoimmune disorders cause havoc with your health since your immune system is attacking and damaging its own healthy tissues instead of the harmful invaders it's meant to attack. Dealing with this kind of illness can be challenging as your body's defense systems are working against it. If left untreated, serious medical issues may occur and even organ damage. There are hundreds of autoimmune illnesses, each of which have their own unique symptoms. Symptoms of Autoimmune Thyroid Diseases can include depression, fluctuations in weight, difficulty sleeping, and anxiety. Celiac Disease manifests itself through digestive problems neurological issues, rashes, and the sudden loss of control of your body's movements. Those suffering from Rheumatoid Arthritis will often notice symmetric joint problems the wrists and hands. Dr. Nina Manipon utilizes natural methods to treat many autoimmune illnesses through an in-depth program to rebalance your immune system and get your body back on track. Healing autoimmune illness is a special

blend of changes to your diet, stress levels, and incorporating natural medicines and lifestyle adjustments, to restore and retrain your immune system, so that you can experience vibrant health again. If you have been experiencing symptoms that may be connected with autoimmune diseases and are looking for answers, schedule an appointment with Revitalize Wellness Center today!”

077. ND Dreszer Pages at olympianmedicine.com

a) from olympianmedicine.com:

“COMPREHENSIVE MEDICAL CARE for adults and children. Latest Clinic News: Dr. Dreszer is a Naturopathic Physician and Acupuncturist specializing in pain management , digestive issues and fertility. I am passionate about helping you achieve your Olympian* health , vitality and longevity.” What to expect: If you have never been to Naturopathic Doctor prepared to be pleasantly surprised. I understand that listening is key in finding more about the whole “you”. The first office visit runs anywhere from 1 to 2 hours. During this time, I will not only ask questions but review and explain recent labs you may have with you. Bring or write down names of any medications /supplements you are currently taking. After scheduling the appointment, I can either send you the intake form by email or you can fill out the necessary forms when you come in for the visit. Please arrive 20 min prior to the appointment in order to fill them out. I am in network with: AETNA, ANTHEM, CIGNA, Connecticare. I look forward to helping you in your health goals. Our Services: General Health Prevention & Wellness Work/School/Travel Exams Homeopathy Consultations Home Visits Acupuncture Acupuncture Facial Rejuvenation.”

b) from olympianmedicine.com/our-services:

“Services We Offer: Offering a wide range of patient services: OUR SERVICES Chronic Disease Management Family Planning Gynecology Myofascial Release Acupuncture Acupuncture Facial Rejuvenation General Health Prevention & Wellness Work/School/Travel Exams Homeopathy Consultations Home Visits Specialties Pain Management Infertility Facial Acupuncture Neck Pain Addiction. Complaints Commonly Treated Allergies Arthritis Back Pain Breathing Problems Chronic Fatigue Cosmetic Acupuncture Dermatology Eating Disorders Feet Headache Muscle Aches OB-GYN Pregnancy Shoulder Pain Sleep Disorders Spinal Problems Stress Weight Loss Anxiety Asthma Blood Pressure Cholesterol Common Cold Depression Diabetes Eye Problems Fibromyalgia Migraine Nutrition Pediatric Sexual Dysfunction Skin Problems Smoking Sports Medicine Urology Wellness. Homeopathy: Schedule a consultation in our holistic care center. Specializing in natural remedies for arthritis, asthma and allergies.”

c) from olympianmedicine.com/the-practice:

“Our Practice. Clinic's Mission Statement: “To support ,educate and listen to all my patients as I truly believe every human being is different and needs custom care and treatment options in achieving their health goals.” The Doctor. Olympia Dreszer, ND, Lac. Dr. Dreszer is a CT- licensed Naturopathic Physician (ND) and Ct -

licensed Acupuncturist (LAc) she helps her patients achieve total mind and body health. By treating the “whole” person ,mind and body, she has seen magnificent results with a variety of modalities such as: botanical medicine, acupuncture, homeopathy and nutritional counseling. Dr. Dreszer is a specialist in naturopathic approaches to a variety of health issues from PMS to chronic fatigue syndrome. She earned her Doctorate Degree of Medicine from Karol Marcinkowski Medical Akademy in Poznan, Poland, her Doctorate Degree in Naturopathic Medicine from the University of Bridgeport, CT in 2009., and her Masters Degree In Acupuncture from the University Of Bridgeport, CT in 2010. She finds it fundamental to educate her patients about how they can take care of their bodies , prevent future disease and bring awareness that safer and more natural treatment options exist. Acupuncture has been practiced in China and other Asian countries for thousands of years. Acupuncture involves stimulating specific points on the body, by inserting thin needles into the skin. Acupuncture can relieve many symptoms such as pain, insomnia, or PMS. Naturopathic treatments work in harmony with your body’s immune system, to increase your strength and There are many healthy and natural lifestyle changes you can make through diet, vitamins, herbsthat help us get healthier. Medications are not one size fits all, some may not be right for you. I will never stop learning, and I have seen the success with my clients, and that’s why patients seek me out when they haven’t found success elsewhere. If you are suffering from pain , insomnia or digestive issues chances are naturopathic medicine or acupuncture can help YOU.”

078. ND McDonnell Pages at drpenelopemcdonnell.com

a) from drpenelopemcdonnell.com/thewellnessminute/2018/9/12/the-dirt-on-detox-12-easy-hacks:

“The Dirt on Detox: 12 Easy Hacks to Clean It Up There is so much press and hype about detox, and so many books and articles about three and four week protocols that can change your life and body. Yes patients feel better – largely I suspect because they have stopped alcohol, sugar and wheat - but too often I see patients come off weeks of cleaning up and gradually head back to old, comforting habits. After years of watching this happen, I am finding that detox is best done regularly - all year round. The body is a natural detoxifier – all our systems are designed to identify foreign unwanted elements and move them out through the kidneys, liver or skin – so it makes sense that as our environment becomes more stressful, more dirty, and more nutritionally deficient, beefing up daily, weekly, and monthly support to help the body in this process is key. Detox Hacks to Support Your Body Daily, Weekly, and Monthly Detox daily. Herbal Detoxifying Tea. Herbs are powerful and small amounts of daily herbs can be downright miraculous in their effect. Detox Tea by Yogi or Every Day Detox Tea by Traditional Medicinal – Iced or hot, in the afternoon or after dinner - this little tea bag is packed with powerful support for liver and kidney. Skin Detox Tea by Yogi is a nice add on. I put a bag of Detox Tea and a bag of Skin Detox in the same cup and brew multiple times through out the day. Skin Brushing. An excellent detoxifier, dry brushing supports good circulation, lymph fluid movement, and scrapes off those clingy dead skin cells. Keep an all natural organic loofa next to your shower and take 2- 3 minutes pre-shower to

brush up the arms, legs, and abdomen (always towards the heart only). Chlorella. The most detoxifying super foods and supplements tend to grab both toxins and many of the all important minerals as they makes their way through your body. But chlorella is one of the few that grabs the toxins while leaving the important minerals in your body where they belong. A simple supplement to add in to your daily intake, I recommend Organic Chlorella Capsules. Wheatgrass Shots. Nutritious, filled with antioxidants and chlorophyll, this one hit wonder supports detox and energy. Frozen organic shots pulled right out of your own freezer are the way to go. Whole Foods has them in store and online - A high quality freshly frozen option I like to recommend is Dynamic Greens Wheatgrass Juice. Important note about wheatgrass: While fresh pressed can be ok, it really depends on how old the grass is and where it was grown. A high quality frozen option is usually better. Give detox a boost every week. Sweat. Infrared (IR) Saunas are the way to go to raise your body temperature from the inside out, kickstart the detox process, and re-energize.Yoga Vida (to name one of a few) in NYC uses IR Saunas in their warm yoga classes. At HigherDose, you are able to book an appointment for either a 30 minute or 60 minute session in an IR Sauna Inner Light Wellness is a full service spa in Darien, CT where you can make a day to detox by fusing multiple treatments together such as massage, acupuncture, and skincare. Shaman's Bath. One of my absolute favorite detoxing protocols that I prescribe to many of my patients. An effective and relaxing way to draw out toxins, stimulate sweating, and promote a good sleep! In warm/hot water, pour in 4 cups of Epsom salts, 2 cups of baking soda. Soak for at least 10 minutes. Optionally, put 1 tablespoon of fresh ground ginger or 3 drops each of geranium, eucalyptus and juniper berry into a bath. The Epsom salts draw out toxins, the baking soda alkalizes, the ginger warms you up and promotes sweating, and the oils detoxify the skin. Jump! Rebounding moves lymphatic fluid, aiding in the detox process. Take a rebounding class or set up a trampoline in front of the TV. Great for mental health and calming as well. Reward the body with a detox treatment every thirty days. IV Detox. Fast and effective. A great way to jumpstart or support detox, but make sure you are going to a reputable, knowledgable place. Here are a few of my favorites. Nutridrip (they have offices and can do home delivery) StriveIV (delivered to home or office) Restore Cryotherapy Get a massage. Not just for relaxation! (Though that's a powerful perk.) Massage helps the body release toxins and move fluid. Massage schools in your area may give discounted sessions as well. Give up alcohol and sugar for 7 days. Give your gut and liver a break by eliminating these two highly inflammatory foods. 7 days – you can do it!!! Simple modifications can maximize the detox process. Clean up your cleaning! Use unscented, chemical free cleansers for your home, body, hair, face, clothes, and dishes. Why? The skin absorbs chemicals like a sponge. Putting fewer of them on you (or in you from left over soap residue on plates and glass) means less work your body has to do to detox them out! ThriveMarket sells great brands like Mrs Meyers, 7th Generation, and Eos at reduced prices. This is a must. Improve the air while you sleep. Toxins in the air add to the body burden, and what you breath at the office, gym and on the street is often out of your control, but not in the bedroom! Air purifiers I love are Molekule and IQAir. Personalize a plan. For the most thorough detox, a personalized plan is always best. I recommend scheduling an appointment to go over specific issues you would like to address. We can create a personalized short term and long

term treatment plan specific to your health and lifestyle needs, and implement any added super detoxifiers, such as homeopathic drops that work at the cellular level (my personal favorite). In my practice, we believe in the body's own ability to heal itself, and detoxing is simply helping the body do what it is designed to do."

b) from drpenelopemcdonnell.com/supplement-portal:

"Supplement Portal. Welcome to the Portal. We believe in prescribing only the highest quality products and supplements. Each of our preferred suppliers are intensely vetted to ensure that they are adherent to the highest quality standards within the industry. We ensure that our prescriptions are all non-toxic, do not contain any additives or preservatives, have no artificial colors or dyes, no magnesium stearate, and no hydrogenated fats. Select one of our preferred suppliers below to place an order directly."

c) from drpenelopemcdonnell.com/services-1:

"We are here to help. General Health and Wellness There is so much on the internet about maintaining health that is confusing and often untrue. We use good quality testing to look at your current state of nutritional health and – if needed – provide detailed nutrition support (everything from meals to snacks that fit your taste and life) and good quality supplement suggestions. Aging Achy joints, weight gain, reduced stamina, memory issues, insomnia are not always signs of aging. They are also signs of poor health. We analyze diet and lifestyle and add in testing as needed to assess wellness strategies that can help you feel better. Autoimmune Disease Diet, lifestyle and proper supplements can play a pivotal role in improving symptoms of autoimmune disease, but there is so much information out there on this subject, it's hard to know what works, what doesn't, and what's harmful! We help debunk the myths and sort out what may be right for you with lab testing, a detailed lifestyle analysis and intake, and follow up. Chronic Fatigue Fatigue is an important indicator that something may be wrong. We use nutrient and wellness testing using blood, urine, stool, and saliva to assess areas of deficiency that – when addressed – may improve symptoms. Detox There is so much misinformation on the internet about detox – we help you sort out truth from myth and support you with recommendations of personalized detox for you – assuming we both feel it is warranted and safe. Digestive Problems Gas, bloating, stomach pain, indigestion, IBS, Crohns, Celiac disease and other digestive complaints can leave you feeling chronically uncomfortable and unwell. We use lab testing (stool and blood), personalized diet and nutrition counseling as well as supplements to help with symptoms of discomfort. Self Healing (Cranial Sacral Therapy). The central nervous system plays a vital role in the body's ability to heal itself. Cranial sacral therapy is a gentle form of energy work that addresses the body's central nervous system in order to reboot the self-healing process. Through the gentle manipulation of the head, spine, neck, and pelvis, the flow of cerebrospinal fluid in the central nervous system can be rebalanced, revitalized, and normalized. By removing developed 'blockages' from the cerebrospinal flow, the body's central system is corrected and rejuvenated, enabling and promoting the body's ability to heal itself. Cranial sacral therapy works to restore the natural position of the skeletal system and has an

enormous impact on relieving stress, both emotional and physical. The work is most commonly used to treat: migraines and headaches intestinal imbalances and gut issues disturbed sleep cycles and insomnia jaw, neck, and back pain trauma recovery and PTSD mood disorders like anxiety or depression fertility Stress. The negative effects of stress are well documented and certainly work against ultimate wellness. We provide easy to implement effective strategies and lifestyle changes – tailored to you – that help combat these unwanted effects. Thyroid Imbalance Those who suffer from an underactive or overactive thyroid gland often benefit from quality nutritional and supplement support. We test and tailor that support to each patient. Women's Health: Hormones & Menopause. Hormone Imbalance: If you suffer from PMS, low testosterone, low libido, infertility these may all be signs of hormone imbalance. Dr. McDonnell uses blood work testing and analysis, adjustments to lifestyle and diet and herbal tinctures to help bring balance back into the system. Menopause: You're over 40, your missing periods or your periods have started to become irregular. Your PMS may have worsened, and you have moments when your memory is not what it used to be. Time goes on, and you find you are plagued with hot flashes, insomnia – not necessarily being able to fall asleep - but definitely waking up at 4 or 5 am and not being able to go back to sleep. As you may have guessed, you are experiencing the hormone ebbs and flows leading up to menopause – better known as perimenopause. This shift can last as long as ten years in some, months in others, but whether it's short or long, it is a precursor to a whole new body – one that metabolizes food differently, may have difficulty building muscle and stores a generous portion of fat in the belly and hips. Libido may change, urinary tract infections may pop up, and vaginal dryness may start. There are so many naturopathic interventions that can smooth the way at all phases. Herbal tinctures can soften hormone shifts; lifestyle and dietary changes can act as arsenals of ammunition against weight gain, mood swings and insomnia. Most importantly, educating and empowering women to help them understand the whats and whys of the shifts their bodies are going through is a key aspect of my treatment. It is not a "done deal" that post menopausal women are fatter, weaker, anxious, and more forgetful. There are time tested remedies and protocols that can help."

d) from drpenelopemcdonnell.com/services:

"Services By giving the body all that it needs, it will heal itself. Beyond general health and wellness, Dr. McDonnell specializes in four difficult to treat categories: cancer support, nutrition-based lifestyle planning, women's health, and small intestinal bacteria overgrowth (SIBO). These four specific health categories demand the highest level of care by thorough assessment, matched with detailed, and customized treatment plans. Cancer: Coping & Recovery Support A cancer diagnosis is a shock to every patient. The next steps of choosing a hospital/oncologist/surgeon/radiologist, understanding cancer lingo, and making all of the important treatment decisions can be daunting. I work with patients at all stages of treatment to support their health - during and after treatment - as well as developing personalized lifestyle, diet and supplement protocols after treatment that aid recovery, detox, and prevention. First, a granular analysis of all tests,

scans, surgical reports, and treatment plans in place is done. Next, a detailed intake of lifestyle, diet, and medications is performed. From there, a phase by phase protocol is developed that supports the patient through medical treatment and after. A typical example is a patient who comes into my office starting (or already on) chemo. Importantly, no herbal supplements are used during this phase – though there are plenty of effective targeted dietary and lifestyle supports that can be put in place to help the body through. Afterwards, support – when applicable - during the surgical phase, radiation phase and the detoxifying healing phase is done – with office visits timed before the start of each. Regular check in emails are included. Nutrition For the Young Professional Long hours, early mornings, and late nights all put a strain on your health and wellness, especially for the young professional. The demands of a busy social life and a rigorous work life wreak havoc on your energy levels, sleep quality, and food choices, just to name a few. We understand how tough it is to balance wellness and work, so we partner with you to develop a customized nutrition and wellness plan fit to your needs. And yes, we can help you avoid work time hangovers, curb those sugar cravings, and make it to that workout class. Family Nutrition and Wellness Parents are always asking what to feed their children for optimal wellness support and immune function. We take a detailed look at your family lifestyle – diet, exercise, schedule – and tailor a wellness plan for both parents and children. Women's Health: Fertility Being as healthy as possible is always the goal of couples and single women trying to get pregnant. How do you do that? Should you detox (the answer to that - NOT right before trying to get pregnant), should you change your diet (maybe), lifestyle (depends)? Are there tests that can be run to look at nutritional deficiencies and endocrine disrupters that can affect pregnancy likelihood and baby health (there certainly are!)? Ideally, six months before starting to try to conceive is the ideal window of time to take a look at and remedy any possible issues as well as to put basic wellness support in place. That being said, I also see couples that have been trying unsuccessfully to conceive and come in for analysis and treatment. Once pregnant, I guide couples toward safe – and appropriate supplements and dietary support. SIBO: Treatment & Support. Suffering from intermittent or constant stomach pain, indigestion, bloating or bad breath that won’t go away? Are you constipated, have diarrhea or both? The first step is a full clinical intake where we review your symptoms in detail, your current food and drink intake (through a 4-day diet diary), and any testing you have had done or may need to have done, in order to check for for bacterial overgrowth, parasites, inflammation, food allergies, SIBO (small intestinal bacteria overgrowth), low digestive enzyme function, yeast and more. Curative modalities include specialized diets tailored to your unique symptoms and lifestyle as well as supplements to support healing and improved function. We follow the 4 R’s naturopathic philosophy of Remove, Replace, Repair and Reinoculate – as this has shown – even in the more difficult cases of Crohn’s and Ulcerative Colitis -- to be effective in supporting healing. Proper bowel repair can take time and we carefully monitor symptoms through regular check-in emails, making sure that progress is being made. And that's not all. Check out our Other Areas of Speciality Are you a new patient?”

e) from drpenelopemcdonnell.com/our-practice:

“Our Practice About Naturopathic Medicine In the practice of naturopathic medicine, we believe in the healing power of nature. Naturopathic medicine recognizes an inherent self healing process, one that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery and to facilitate and augment this inherent self healing process. Through proven methods and experience, we see that once the body is receiving all that it needs, it will heal itself. This is true naturopathic philosophy… achieving optimal health by being in tune with how our bodies were designed. To learn more about naturopathic medicine, visit AANP - American Association of Naturopathic Physicians Our Philosophy At Naturopathic Partners, we enjoy the process of working together with our patients in order to promote a healthier you. We are committed to providing effective and individualized naturopathic medical care for the promotion of health within all pathologies, for the prevention of disease, and for the improvement of wellness. A Summary of Our Naturopathic Medical Care Patient Assessment Extensive Patient Intake Allopathic and Naturopathic Lab Testing Physical Exams Questionnaires Treatment Give the Body What It Needs Vitamins, Minerals, Amino Acids, Hydration... Macronutrients, Botanical Medicine, Enzymes, Fiber... Pre/Probiotics, Essential Fatty Acids… Take Out What It Does Not Need Detoxification through Herbs, Homeopathic Spagyrics... Hydrotherapy, Proper Colon Care, Infrared Saunas... Plants-Based Nutrition-raw, greens, etc… Stimulate the Energy Homeopathy, CranioSacral Therapy, Bach Flower Remedies... Dr. Penelope McDonnell, ND. Dr. Penelope McDonnell graduated from the University of Pennsylvania and the Columbia School of Business and worked on Wall Street for many years. After taking time off to start a family, she decided to switch careers to become a naturopathic doctor. She attended the University of Bridgeport School of Naturopathic Medicine in Connecticut, a leading accredited university that offers a four-year program in science-based natural medicine. She graduated with the highest honors. During her final year of study, Dr. McDonnell interned at St. Vincent Hospital's department of internal medicine in Bridgeport, CT. She has also interned at both the Cancer Treatment Centers of America and an integrative treatment center that focused on patients with Lyme disease, cancer, and autism. Dr. McDonnell focuses on prevention as the primary strategy for maintaining health. Her treatment plans generally include a combination of natural medicines and specific lifestyle changes designed to bring balance to every system of the body. Dr. McDonnell is particularly interested in treating challenging health concerns such as cancer coping and recovery support, lifestyle nutrition planning, women's health such as hormonal imbalance, fertility, and menopause, as well as SIBO. In addition to the four difficult disease states listed, Dr. McDonnell also effectively treats and manages various autoimmune diseases, digestive problems, chronic fatigue, fibromyalgia, aging, and thyroid imbalance. CT/ NY Rules and Regulations: Dr. McDonnell is a licensed Naturopathic Physician in the state of Connecticut. Currently New York state has no licensing laws for naturopaths (that's right - anyone can put up a shingle and say they are a naturopath - so beware of this and make sure that the naturopath you chose has graduated from one of the five accredited medical schools, has taken - and passed - the required rounds of boards and had a valid non-NY state license). In Connecticut, Dr. McDonnell may work in the role of primary care physician for her patients, but in New York she works with MD's to care

for her patients and provides wellness counseling strategies using herbal remedies, homeopathy, cranial sacral therapy, diet, nutrition, and more.”

079. ND Block Pages at mynaturecure.org

a) from mynaturecure.org/post/naturopathic-oncology-logical-cancer-care-and-prevention:

“Naturopathic Oncology: Logical Cancer Care, and prevention […] By Dr. Randall Block. Everything is poison, and nothing is poison. This old naturopathic saying is hard to comprehend when we are talking about things like chemotherapy, or radiation. But it all depends on the dosage of a substance. Drinking too much water can even kill a person. And likewise, a very small amount of a toxic chemical like cyanide can be used as medicine. Not only does the dose matter, but also who we are putting that substance into, what’s their constitution, and what else are they taking along with it? After all, in naturopathic medicine we treat people, not disease. When someone receives a cancer diagnosis they typically are overwhelmed by all kind of emotions. The last thing anyone wants to do is figure things out themselves. They have heard terrible stories about the standard medical protocols to treat cancer. Yet the doctor in front of them is saying that is their only option, the best thing available. So, what is the deal? “We use treatments that make sense- we extend life, and bring about better outcomes than what would have been, period.” Cue naturopathic medicine: Here we find that there are many ways to treat a cancer patient, and none of those ways involve ONLY taking a chemotherapeutic agent. We now know from studies and clinical evidence that would be a crazy thing to do. Chemotherapy alone is very harmful to the body. Well of course it is, that is why we use it to treat cancer! But we now have many excellent ways to protect a person’s healthy cells WHILE we are allowing chemotherapy, radiation, and immunotherapy to kill cancer cells. Using dietary medical protocols, specific herbs and vitamins at the right times and the proper dosages, mind-body medicine, and some good old nature-cure, we have a potent system to keep the body healthy while going through standard cancer treatment. Many herbs are used to not only help the body stay strong during treatment, but even help the chemotherapy work better to kill cancer cells, hinder cancer cell drug resistance, and stop the progress of cancer stem cells! This last part is especially awesome, because cancer stem cell survival is the reason that cancer comes back so deadly if it ever returns from a state of remission. So, making sure that we kill those pesky guys is an important goal for a long and cancer free life. Integrative oncology techniques are also the best way (and only way, other than luck) to help people to lessen the harmful side effects of cancer treatment. The most common side effects that we can help with include: Bone marrow suppression (blood cell depletion) Mouth and skin sores Extreme fatigue Nausea and other gastrointestinal symptoms Weight loss Kidney and other organ damage Neuropathy (nerve numbness and pain). Naturopathy is big on prevention. There are so many ways to help prevent the development of cancer in later life. Curcumin, green tea, bioflavonoids, cruciferous vegetables, toxin avoidance, heat therapy, meditation! I will regularly put out information about old, new, and fun ways to have a lifestyle that decreases cancer risk, and keeps the body vigilant of stopping it in its tracks.

After all, we have dysfunctional cells developing in our bodies all of the time, they just get taken care of quickly when the body is functioning properly. For clinical prevention we use herbs and diets backed by scientific literature, as well as ancient treatments for vitality of the human body. We are lucky in modern times to have the availability of genetic testing, which we now can use to create more in-depth programs of precision medicine, treating each person's unique situation to optimize their body's function. In summation, naturopathic oncology is just logical medicine. We use treatments that make sense- we extend life, and bring about better outcomes than what would have been, period. Cancer patients are what made me decide to become a naturopathic doctor. I wanted to be the one across the table that had a better answer for them- to be able to give them their best shot at life. It's a mission and a pleasure. Randall Block, ND, LAc, MSN."

b) from mynaturecure.org/naturopathic-doctor-long-island:

"Dr. Randall Block, ND, LAc, MSN. Book Dr. Randall Block, ND, LAc, MSN […] Dr. Randall Block, ND, LAc, MSN - Naturopathic Physician - Licensed Acupuncturist - Master of Human Nutrition. Dr. Randall Block, ND, LAc, MSN. Naturopathy uses scientific diagnostics to investigate causes of dysfunction, as well as ancient traditional practices. As a traditional naturopath, Dr. Block takes the time to find the root cause of illness in his patients. This often makes the difference between someone feeling better for the moment, versus having true healing occur. He prides himself on keeping up to date on research, and finding cutting-edge solutions that are individualized for his patients' specific needs. Specializing in gastrointestinal health, opiate and benzodiazepine addiction and withdrawal support, naturopathic cancer support, hormonal issues (including fertility and menstrual regulation), autoimmune diseases, Lyme disease and other chronic infections, and men's cardiovascular and hormonal health. Naturopathic Care in Long Island, New York. Naturopathy can be described as practical, logically applied health and wellness care that investigates in a holistic and detailed manner, and attempts to bring the body back into alignment using the least invasive methods first, focusing on reconnecting with nature - reconnecting the body to it's natural order. This is achieved through directed lifestyle changes, as well as vitamin repletion, herbal medicine, nutrition, homeopathy, and other modalities you can find below. Modalities: -Holistic Investigation -Functional Lab Consulting -Blood Work Consultation -Diet Therapy & Functional Nutrition -Food Sensitivity & Allergy Plans -Traditional Herbal Medicine -Homeopathy -Vitamin Repletion -Methylation & Genetic Support -Mind-Body Connection -Photodynamic Therapy: Red & Near Infrared -Hydrotherapy -Vitalism & Traditional Naturopathy: Correcting the determinants of health to allow the body to heal itself. If you would like to find out more information about naturopathic doctors, click here. Naturopathic Cancer Support: Prevention Planning, Early Detection Consulting, Active Treatment Support Cardiovascular Support: Natural Blood Pressure and Cholesterol Support Benzodiazepine and Opiate Detoxification Support Pediatric Skin Support Mental Health: The Connection To The Microbiome Gastrointestinal Disorders: Support With IBS, IBD, SIBO, Unexplained Issues Metabolic Health: Obesity, Blood Sugar, Liver Health Brain Health: Neurodegenerative Support, Traumatic Brain Injury Support Genomic

Analysis: Methylation, Health Optimization & Biohacking Hormonal Regulation: Menstrual Pain / Dysregulation, PCOS, Menopausal Issues Fertility: Fully Natural, Or In Tandem With IVF Natural Male Hormonal Support: Testosterone, Estrogen, Progesterone, DHEA, Fertility, Erectile Dysfunction, Prostate Health Bone Health: Osteoporosis / Osteopenia Support Toxicity: Heavy Metals, Mold, Environmental Detoxification Chronic Conditions: Long Covid, Lyme & Co-Infections, Epstein Barr Reactivation, Chronic Fatigue Naturopathic Doctor in Commack, NY Adhesion Removal Therapy for Chronic Pain Naturopathic Doctor in Commack, NY Acupuncture, Cupping & Dry Needling Acupuncture Cosmetic Facial Acupuncture Weight Loss Program Naturopathic Health Consultations. Naturopathic care professionals treat people suffering from chronic illness / pain with the goal of restoring and establishing optimal health holistically. Rather than suppressing symptoms, naturopathic professionals work to identify the underlying causes of illness / pain, and develop personalized treatment plans to address them. Long Island Naturopathic Doctor. Similar to the way a cut will recover if you stop scratching at the scab, the whole human body is designed to heal. We just need to stop pushing it in the wrong directions. My job is to teach you how to do that [picture of AANMC naturopathy's Therapeutic Order including 'stimulate self-healing']."

c) from mynaturecure.org/fertility:

"Why Choose Acupuncture for Fertility? Blood Flow: Acupuncture increases blood flow to the uterus and ovaries, optimizing your body's environment for conception and implantation. Increase success rates of IVF or IUI: Acupuncture has been shown in many studies to significantly increase the rates of successful implantation after IVF, or conception following IUI. Hormone Regulation: Balancing hormones is essential for fertility. By targeting specific points, acupuncture can help regulate hormonal cycles naturally. Strengthen the Uterine Lining: A healthy uterine lining is key for successful implantation, and acupuncture can aid in thickening and stabilizing this crucial layer. Reduce Stress: Stress is a common obstacle for those trying to conceive. Acupuncture helps reduce stress by promoting relaxation and calming the nervous system. Naturopathic Medicine: As a naturopathic physician, Dr. Block also offers nutraceutical, herbal, and dietary advice that correct different fertility issues."

d) from mynaturecure.org/chronic-pain:

"Have you been in pain for at least 6 months? Have you been seen by 3 or more doctors without finding relief? If so, you are likely suffering from the biggest issue that is also the least discussed in chronic pain medicine - ADHESION. Adhesion Release Treatment for Chronic Pain We are the only ARM certified adhesion release providers on Long Island. If we determine that adhesion is causing your pain, we guarantee that we can give you from 70-100% permanent pain relief. Common Adhesion Related Issues: Sciatica, Neck pain, Back pain, neuropathies of the arms and legs, golfer's elbow, tennis elbow, wrist pain-carpal tunnel, plantar faciitis, achilles tendinitis, TMJ jaw pain, headaches-migraines."

e) from mynaturecure.org/acupuncturist-commack-new-york:

“Dr. Randall Block, ND, LAc, MSN. Naturopathic Doctor Licensed Acupuncturist Master of Human Nutrition Acupuncture and Chinese medicine take into account the whole person, and help activate each patient’s natural healing processes as well as restoring their physical and emotional well-being through balancing the meridians of the body. This is done by inserting tiny needles in the skin, cupping, Chinese herbal medicine, dietary therapy, exercises, and bone setting. Dry needling and trigger-point needling are modern needle techniques that use deep penetration into muscle tissues for injury repair. Acupuncture & Dry Needling in Long Island, New York. Dr. Randall Block is a highly skilled, experienced and licensed acupuncturist relieving back and neck pain in Commack, NY. Doctor Block uses both modern and traditional techniques to successfully treat: injuries sciatica migraines TMJ tennis elbow golfer's elbow menstrual & fertility issues gastrointestinal complaints mental health issues Acupuncture is both safe and helpful for children and pregnant women. All major health insurances accepted that cover acupuncture. NYSHIP (Empire Plan) BCBS Aetna Emblem Northwell Plans United Healthcare Cigna Humana Some Medicare Advantage Plans Fidelis Gold and Silver Wellness Others *This does not mean that your specific plan covers acupuncture - we will need to contact your plan to check for you. Please call for more info: 631-600-0306. Traditional Chinese Medicine Acupuncture, Cupping & Dry Needling Cosmetic Facial Acupuncture Naturopathic Health Consultations Naturopathic care professionals treat people suffering from chronic illness / pain with the goal of restoring and establishing optimal health holistically. Rather than suppressing symptoms, naturopathic professionals work to identify the underlying causes of illness / pain, and develop personalized treatment plans to address them.”

f) from mynaturecure.org/functional-medicine-new-york:

“Functional medicine uses specific labs that identify how your body is functioning. Instead of only testing the quantity of a certain vitamin in the blood, we will evaluate the biproducts of the vitamin in your urine in order to find out whether it is being used properly. This type of information paints a much clearer picture of the biochemistry of your body, specifically. Rather than assuming that you are functioning the same as every other human with the same level of said vitamin. Because we already know, that idea is a falsehood in medicine. Functional Medicine Functional Lab Testing includes: GI-Mapping of the Microbiome Organic Acid Testing Heavy Metals Mold Toxicity Environmental Toxicities Food Allergies & Sensitivities Genetic-Genomic Testing Immunologic Testing Vitamin Testing. Testing can be performed following a tele-health visit in certain states. For questions please reach out to our office. Dr Randall Block Similar to the way a cut will recover if you stop scratching at the scab, the whole human body is designed to heal itself. We just need to stop pushing it in the wrong directions. My job is to teach you how to do that. Contact Dr. Randall Block, ND, LAc, MSN.”

g) from mynaturecure.org/naturopathic-medicine-in-connecticut:

“Naturopathic Medicine. Naturopathic medicine can be summed up as practical, logically applied medicine, that also recognizes the bodies innate ability to heal itself. It is holistic, treating the body as a whole instead of looking at different organ

systems as being set apart from each other, including the mind. Naturopathic medicine uses science and modern diagnostics, coupled with natural and ancient therapies that have been around for thousands of years. As a traditional naturopathic physician, Dr Block takes the time to find the root cause of illness in the patients he treats. This often makes the difference between a patient only feeling better for a period of time versus having true healing occur. He prides himself on keeping up to date on research, and finding cutting-edge solutions that are individualized for his patient's specific needs. Specializing in opiate and benzodiazepine addiction and withdrawal support, naturopathic oncology-integrative cancer support, hormonal issues including fertility and menstrual regulation, autoimmune diseases, Lyme disease and other chronic infections, and Men's cardiovascular and hormonal health. For more information, or to schedule a 15 minute consultation Click here to call us at 631-600-0306. [picture of naturopathy's six principles including 'the healing power of nature' and the Therapeutic Order including 'stimulate self-healing']. If you would like to find out more information about naturopathic doctors- click here Nucleic Sage Naturopathic Medicine 1200 High Ridge Road Stamford, CT 06905. North Shore Family Acupuncture & Naturopathy 356 Veterans Memorial Highway Suite 7 Commack, NY 11725 Nucleic Sage Naturopathic Medicine 100 Melrose Avenue Suite 101 Greenwich, CT 06805."

h) from mynaturecure.org/services-3:

"Long Island Services. North Shore Family Acupuncture & Naturopathy 356 Veterans Memorial Highway Suite 8 Commack, NY 11725 631-600-0306 Naturopathic Health Consultation The premier holistic health evaluation- a truly comprehensive intake with a naturopathic doctor. Leave no stone unturned and get to the bottom of your health issues. Typical clients are dealing with a chronic health condition that is severely disturbing their life, or are looking for the most premier health and wellness programs available. Dr. Block has focusses in opiate and benzodiazepine withdrawal support, integrative cancer support, hormonal issues including fertility and menstrual regulation, autoimmune patients, Lyme disease, and Men's cardiovascular and hormonal health. Acupuncture, Cupping & Dry Needling. Acupuncture is an ancient practice of Chinese medicine that takes into account the whole person and helps activate each patient's natural healing processes. It restore physical and emotional well-being through balancing the meridians of the body by inserting tiny needles in the skin. Dry needling is a modern technique that uses acupuncture needles as trigger point therapy, and with deep penetration into muscle tissues for specific injury repair. Weight Loss Program. Ready for a gastric bypass without the harmful side effects? This program is not for the lighthearted, and is meant only for serious patients that are ready to invest at least 9 months of their life to it. Losing weight in a month or 2 just to put it back on 4 months later can actually be more harmful than not losing the weight at all. This program is designed to guide you through close to a year of diet and lifestyle changes, where half of our time together will be spent actively losing weight, and the other half will be spent finding the right balance specifically for you to be able to maintain for the longhaul. Genomic Analysis. Did you know that you can find out how well your body

will metabolize any drug or vitamin, what hormones you are prone to be deficient in, and what diseases you are prone to in later life, all by a simple cheek swab? Genomic analysis is the future of medicine. Not comparable to any mail-in analysis on the market, this is a physician personally working through the raw data of your gene mutations to create individualized wellness plans. The best way to biohack your nutrition and know how to precisely optimize your lifestyle. Adhesion Removal Therapy. Have you been in pain for more than 6 months? Been to 3-5 doctors already without finding relief? If so you are probably suffering from the biggest but least talked about issue in the chronic pain world- ADHESION. Luckily for you we specialize in finding and fixing adhesion. We are the only ARM certified adhesion removal specialists in Suffolk County. And we ask those first questions because we do not want to waste your time, and don't want you to waste ours either. If you do have adhesion (which we will find out definitively with an intake and physical exam) we can fix it and give you from 70-100% permanent relief. Cosmetic Facial Acupuncture. Acupuncture performed on specific points of the face to heal the skin and bring balance to it, around fine lines and wrinkles to lessen their appearance over time, and in order to maximize collagen production naturally and in a healthy way."

NDs Mammone M., Mammone R. Pages at nahcenter.com

a) from nahcenter.com/about-us:

"Dr. Renee Mammone is a Connecticut Licensed and Board certified Naturopathic Doctor. She graduated from Portland State University in Portland, Oregon with a bachelors degree in Biology and received her doctorate in Naturopathic Medicine from the Southwest College of Naturopathic Medicine (SCNM) in Tempe, Arizona. Dr. Mammone enjoys restoring her patients to health and confidently treats with a variety of therapies. These treatments can include botanical medicine, supplementation, clinical nutrition, homeopathy, acupuncture, and much more. Dr. Mammone believes that prevention is the key to a long healthy life and it is her job to help you on that path. Also Dr. Renee is an intuitive and is certified as an Angel Therapy Practitioner (ATP) and ThetaHealer™. Dr. Marie Mammone graduated from the National College of Naturopathic Medicine in Portland, Oregon with a Doctoral degree in Naturopathic Medicine. Prior to receiving her degree, Dr Mammone was a teacher for the South Windsor junior high school in CT. She enjoys lecturing and sharing her knowledge of nutrition and homeopathy. She is currently teaches nutrition and homeopathy classes at Manchester Community College. Dr. Mammone also lectures frequently throughout the Greater Hartford area. Dr. Mammone supervises a 14-day detox/cleansing program many times a year. She welcomes working with her clients to maintain and regain their health. Dr. Mammone is enthusiastic about making Naturopathy relevant to modern living and toward integrating Naturopathic medicine into Connecticut's medical world. She specialized in gastrointestinal disorders, celiac disease, allergies and eczema. Dr Mammone is a member of the American Association of Naturopathic Physicians and Treasurer of the Connecticut Naturopathic Physicians Association."

b) from nahcenter.com/home:

“(860) 529-1200 drrenee@ymail.com At the Naturopathic & Acupuncture Health Center, we are experts in Naturopathic Medicine, Chinese Medicine and Acupuncture. We blend the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health. Some of the conditions that we treat at the Naturopathic Health Center are: (press link) For your Health - Today and Tomorrow Naturopathic Medicine; Acupuncture, Acupuncture/Reiki Healing Reiki Energy Healing, Crystal Healing ThetaHealing® Dr. Renee Mammone's article in Natural Nutmeg's E-Zine: Heart Health Congratulations to Dr. Renee for being listed as a top 10 Best Holistic Pediatrician in Natural Nutmeg December 2019 .”

c) from nahcenter.com/our-story:

“The Story behind The Naturopathic & Acupuncture Health Center. Naturopathic & Acupuncture Health Center is a family run center based in Wethersfield, CT for more than 10 years. Dr. Marie Mammone first started her journey into Naturopathic Medicine when her first child, Renee, had recurrent ear infections and western medicine was not effective in treating her. In a struggle to keep Renee, from having tubes placed in her ears she found a qualified and knowledgeable naturopath. He then began treatment on Renee. Her daughter went in for a pre-op exam and to the amazement of her MD doctor her ears had healed. Dr. Mammone realized that this medicine had to be shared and she wanted to learn all about it. She then traveled to Oregon with her family and attended the National College of Naturopathic Medicine (NCNM). During Dr. Mammone’s time at NCNM she was exposed to Oriental Medicine and Acupuncture. She shared her knowledge of this to her husband, John. John’s curiosity for Oriental Medicine and Acupuncture brought him to the Oregon College of Oriental Medicine where he studied and received his masters in Acupuncture and Oriental Medicine. The newest addition to the Naturopathic Health Center is Dr. Renee Mammone. She grew up with the knowledge that Naturopathic Medicine encompasses what a doctor should be. Trying to find her own way, she spent a few years heading in the Western Medical direction until she found a school that has the best of traditional and naturopathic medicine. She enrolled in Southwest college of Naturopathic Medicine in Tempe, Arizona. Together they have a wealth of knowledge and expertise in many different areas. John and Marie have been married 36 years and have a family of three daughters.”

d) from nahcenter.com/:

“Naturopathic Appointments: Most Insurance accepted for Naturopathic Appointment. All copays, co-insurance and deductibles are patients responsibility. Payment is due at close of appointment. Senior discounts available. (That includes Medicare participants.) Initial visit $280.00 Follow - up visits $140 to $270 (15 minutes to 1 hour respectively) Missed Appointment (without 48-hour notice) cost of Scheduled Visit Acupuncture Appointments: Acupuncture -- Initial $125, Follow-up $90 (continuous), non-continuous $95 Intuitive healing $125 Options - Angel Therapy (ATP), ThetaHealing®, Reiki, Carding Reading.”

e) from nahcenter.com/services:

“Naturopathy: Clinical Nutrition Cleansing Programs Nutritional Supplements Homeopathy Botanical Herbs Hydrotherapy Nutrition classes. Oriental Medicine: Acupuncture Acupressure Chinese Herbal Medicine QiGong massage QiGong energy healing QiGong classes 5 Element Qigong Liver Cleansing Qigong AcuReiki (860) 529-1200.”

f) from nahcenter.com/faqs:

“FAQ. What is a Naturopathy? What is a Naturopathic Physician? What is Acupuncture? What are the Naturopathic Principles? How long is a Naturopathic appointment? What are your office hours? Q: What is a Naturopathy? A: Naturopathic medicine blends centuries- old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care including both acute and chronic conditions. Naturopathic medicine attempts to find the underlying cause of the patient’s condition rather than focus solely on symptomatic treatment. For example, congestion might be caused by food allergy or an environmental factor - a naturopathic physician would focus diagnosis and treatment on these causal factors. Naturopathic physicians cooperate with all other branches of medical science referring to other practitioners for diagnosis or treatment when appropriate. Q: What is a Naturopathic Phsyician [sic]? A: A Naturopathic Physician (ND) is a primary care general practitioner trained as an expert in natural medicine. Naturopathic medicine concentrates on the wellness of the whole individual. The medicine is tailored to the patient and emphasizes prevention and self-care. Q: What is Acupuncture? A: Acupuncture and Oriental medicine, originating in China more than three thousand years ago, are today recognized throughout the world. Acupuncture and Oriental medicine are also used for preventative care and health maintenance. Oriental medicine theory explains that human beings have a natural flow of energy through the body, and that pain and disease are caused by an imbalance or a blockage of this energy. The goal of Oriental medicine is to help restore harmony to the flow of energy, and thus to return the body to a healthy state. Treatment with acupuncture needles is the most common form of therapy of traditional Oriental medicine in the United States. Chinese herbal formula, Acupressure, specific therapeutic exercises, QiGong, QiGong massage and energy healing, and dietary modifications are often utilized. Q: What are the Naturopathic Principles? A: First Do No Harm - primum non nocere. Naturopathic medicine uses therapies that are safe and effective. The Healing Power of Nature - vis medicatrix naturae. The human body possesses the inherent ability to restore health. The physician's role is to facilitate this process with the aid of natural, nontoxic therapies. Discover and Treat the Cause, Not Just the Effect - tolle causam. Physicians seek and treat the underlying cause of a disease. Symptoms are viewed as expressions of the body's natural attempt to heal. The origin of disease is removed or treated so the patient can recover. Treat the Whole Person - tolle totum. The multiple factors in health and disease are considered while treating the whole person. Physicians provide flexible treatment programs to meet individual health care needs. The Physician is a Teacher – docere. The physician's major role is to educate, empower, and motivate patients to take responsibility for their own health.

Creating a healthy cooperative relationship with the patient has a strong therapeutic value. Prevention is the best "cure". Naturopathic physicians are preventive medicine specialists. Physicians assess patient risk factors and heredity susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health. Q:How long is a Naturopathic appointment? A: Initial is 1 -1.5 hours. Q: What are you office hours? A: Monday - Thursday: 10am - 5pm. Friday: 10am - 4pm. Other times available by appointment only. Please call ahead if picking up supplements."

g) from nahcenter.com/conditions:

"Here is a list of some of the conditions that we treat at the Naturopathic Health Center: Allergies/Food Sensitivities Anxiety/Depression Arthritis Aging (Conditions Associated) Digestive Disorders (i.e. Colitis, Constipation, Diarrhea)Candida Colds/Flu Hypoglycemia/Diabetes Pain Management (i.e. Back Pain) Pediatric Conditions Fibromyalgia Headaches/Migraines Hypertension/High Cholesterol Infertility Menstrual Irregularities/PMS Menopause Immune/Autoimmune Infections Sinusitis Sleep Disorder/Insomnia Skin Disorders (i.e. Eczema, Acne, Aging) Chronic Fatigue Smoking Cessation Urinary Disorders Osteoporosis/Osteopenia."

h) from nahcenter.com/acupuncture:

"Acupuncture and Oriental Medicine. A Time-Proven Medicine. Acupuncture and Oriental medicine, originating in China more than three thousand years ago, are today recognized throughout the world. The World Health Organization has officially recognized acupuncture as suitable for the treatment of over two hundred common clinical disorders. Acupuncture and Oriental medicine are also used for preventative care and health maintenance. Oriental medicine theory explains that human beings have a natural flow of energy through the body, and that pain and disease are caused by an imbalance or a blockage of this energy. The goal of Oriental medicine is to help restore harmony to the flow of energy, and thus to return the body to a healthy state. Treatment with acupuncture needles is the most common form of therapy of traditional Oriental medicine in the United States. Chinese herbal formula, Acupressure, specific therapeutic exercises, QiGong, QiGong massage and energy healing, and dietary modifications are often utilized. HEALTH."

i) from nahcenter.com/naturopathy:

"Naturopathy. Treating the Whole Person. Naturopathic medicine blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care including both acute and chronic conditions. A Naturopathic Physician (ND) is a primary care general practitioner trained as an expert in natural medicine. Naturopathic medicine concentrates on the wellness of the whole individual. The medicine is tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine attempts to find the underlying cause of the patient's condition rather than focus solely on symptomatic treatment. For example, congestion might be caused by food allergy or an environmental factor - a

naturopathic physician would focus diagnosis and treatment on these causal factors. Naturopathic physicians cooperate with all other branches of medical science referring to other practitioners for diagnosis or treatment when appropriate.”

j) from nahcenter.com/naturopathic-principles:

“Naturopathic Principles. First Do No Harm - primum non nocere. Naturopathic medicine uses therapies that are safe and effective. The Healing Power of Nature - vis medicatrix naturae. The human body possesses the inherent ability to restore health. The physician's role is to facilitate this process with the aid of natural, nontoxic therapies. Discover and Treat the Cause, Not Just the Effect - tolle causam. Physicians seek and treat the underlying cause of a disease. Symptoms are viewed as expressions of the body's natural attempt to heal. The origin of disease is removed or treated so the patient can recover. Treat the Whole Person - tolle totum. The multiple factors in health and disease are considered while treating the whole person. Physicians provide flexible treatment programs to meet individual health care needs. The Physician is a Teacher – docere. The physician's major role is to educate, empower, and motivate patients to take responsibility for their own health. Creating a healthy cooperative relationship with the patient has a strong therapeutic value. Prevention is the best "cure". Naturopathic physicians are preventive medicine specialists. Physicians assess patient risk factors and heredity susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health.”

081. ND Malik Pages at maliknd.com

a) from maliknd.com:

“New Directions in Medicine has practices in Manchester Center, Vermont and Salisbury, Connecticut. We see patients of all ages with diverse health conditions and concerns. We help patients get well and stay well by identifying and addressing the underlying causes of ailments, and helping patients understand their condition and treatment options. Primary Care Physicians… and more. We are primary care physicians that take an integrative approach to health, wellness, and treating disease. We provide routine examinations, routine screenings, immunizations, and other components of wellness care. In addition to the standard routine screening, we assess patients for nutritional deficiencies and metabolic issues that impact health and wellness. We treat acute and chronic conditions with standard medications, nutritional medicine, and natural therapies. Call today for an appointment. Comprehensive Natural Healthcare. An approach to medicine that integrates diet, lifestyle, nutritional treatments, herbal medicine, physical medicine, and mainstream medical approaches. The goal is to use the least invasive but most effective treatments to address disease and improve vitality while minimizing side effects. Conditions Treated. We provide primary care or specialty health services for most conditions. We see patients with a variety of health conditions, including: cancer; diabetes; heart disease; cardiovascular disease (high blood pressure and high cholesterol); Lyme disease; hypothyroidism; hyperthyroidism; auto-immune

disease; chronic fatigue; fibromyalgia; irritable bowel syndrome; inflammatory bowel disease; gastroesophageal reflux (GERD); anxiety and depression; addiction; eating disorders; attention deficit and hyperactivity disorder; colds and flu; menstrual irregularities; polycystic ovary syndrome (PCOS); menopause; osteoporosis; urinary tract and pelvic infections; infertility; impotence; asthma; eczema; recurrent ear infections; dietary and environmental allergies; acne; skin infections; and many others. We help patients understand the causes and contributing factors to their health concerns. Patients often discover important tools for feeling better by learning to address the underlying causes of their problems with strategies that make a difference. About. Dr. Malik is a licensed naturopathic physician with practices in Salisbury, Connecticut and Manchester Center, Vermont."

b) from maliknd.com/about-the-doctors:

"RICHARD MALIK, ND. Dr. Malik has been in private practice since 2005 after earning a doctorate degree in naturopathic medicine (ND) from the four-year accredited program at Bastyr University in Seattle, Washington. Bastyr University is a leading institution for training natural and alternative healthcare professionals. For over three years, while seeing patients at the Bastyr Center for Natural Health, he applied concepts of holistic and conventional medicine to help patients improve their quality of life. During his training, Dr. Malik focused on family medicine, women's care, pediatrics, attention deficit disorder (ADD/ADHD), and environmental medicine. DAKOTA MALIK, ND. Dr. Dakota Malik graduated Magna Cum Laude from the University of Bridgeport School of Naturopathic Medicine after receiving his Bachelors degree in Biochemistry and Molecular Biology from the University of Massachusetts, Amherst. Dr. Dakota Malik is our full time primary care physician at the Manchester Center, VT office. Dr Dakota Malik provides an integrative health care approach to both acute and chronic health conditions, utilizing alternative and conventional modalities to best suit each patient and their individualized health care needs. Additionally, based on his background in biochemistry and molecular biology Dr. Dakota Malik offers specialized approaches to addressing metabolic disease and weight loss that focus on patients achieving their optimal state of wellness through the targeting of specific metabolic pathways and epigenetics. As a practice we strive to prioritize consistency of care between physicians in order to provide the highest quality of care possible. Passionate. He is passionate about health: his own, his patients', and the people he loves. Dr. Malik tries to be an example of healthy living. He exercises several times a week. His favorite forms of exercise are walking, hiking, running, and rowing. He consumes a whole foods diet that emphasizes vegetables, fruits, legumes, healthy fish, and lean sources of protein. Dr. Malik believes that dietary supplementation can be an important part of achieving or maintaining optimal health, but that diet, exercise and doing the things we love come first. Strong Belief. Dr. Malik strongly believes that health is not only a physical state, but also a mental and spiritual state. He works to maintain open communication with the people in his life and to cultivate his spirituality. Truthfully offering all of his knowledge and wisdom with humility, an open heart and an open mind are his spiritual and professional goals."

c) from maliknd.com/care-services:

“Comprehensive Natural Healthcare. An approach to medicine that integrates diet, lifestyle, nutritional treatments, herbal medicine, physical medicine, and mainstream medical approaches. The goal is to use the least invasive but most effective treatments to address disease and improve vitality while minimizing side effects. We are more than primary care physicians. We also take a functional and integrative approach to health, wellness, and treating disease. We provide routine examinations, routine screenings, immunizations, and other components of wellness care. We also help patients optimize their wellness by thoroughly testing for nutritional deficiencies and metabolic issues that impact health and wellness. We treat acute and chronic conditions with standard medications, nutritional medicine, and natural therapies. Call today for an appointment. Naturopathic Medicine: Dr. Malik is a Vermont and Connecticut licensed naturopathic physician. He attended a four-year doctorate program in naturopathic medicine at a nationally accredited university. Naturopathic physicians are trained in the appropriate, effective and safe use of natural and prescription medicines. Preventive and holistic medicine requires knowledge of the whole body and an understanding of how an individual’s concerns can be a sign of simple underlying dysfunction. There is always a balance to be struck between addressing the underlying cause of disease and simply improving the symptoms associated with it. An important goal is to have improved and lasting vitality as quickly, easily, and affordably as possible. When used in effective and safe doses, high quality natural therapies are powerful medicines. With many patients, the goal is to prevent or reduce their need for prescription medications. When necessary, natural and alternative approaches are used in conjunction with pharmaceutical therapies. Our goal is to maximize each patient’s capacity for health, vitality, and longevity. The Principles of Naturopathic Medicine: First, do no harm View and treat the patient as a whole, dynamic person Prevent illness and disease when possible Find and address the cause of illness Act as a teacher to individual patients and the community Optimize patients’ innate ability to heal and maintain wellness. Conditions Treated. We provide primary care or specialty health services for most conditions. We see patients with a variety of health conditions, including: cancer; diabetes; heart disease; cardiovascular disease (high blood pressure and high cholesterol); Lyme disease; hypothyroidism; hyperthyroidism; auto-immune disease; chronic fatigue; fibromyalgia; irritable bowel syndrome; inflammatory bowel disease; gastroesophageal reflux (GERD); anxiety and depression; addiction; eating disorders; attention deficit and hyperactivity disorder; colds and flu; menstrual irregularities; polycystic ovary syndrome (PCOS); menopause; osteoporosis; urinary tract and pelvic infections; infertility; impotence; asthma; eczema; recurrent ear infections; dietary and environmental allergies; acne; skin infections; and many others. We help patients understand the causes and contributing factors to their health concerns. Patients often discover important tools for feeling better by learning to address the underlying causes of their problems with strategies that make a difference. Endocrine (Hormone) Therapies: Dr. Malik is experienced in addressing hormonal issues including thyroid problems, PMS, peri-menospause [sic] , menopause, adrenal gland, and low testosterone concerns. Many patients can benefit from

dietary, lifestyle, nutritional, and herbal approaches. When appropriate, hormone therapies are recommended, but medications are provided in the lowest doses necessary for improving symptoms and ensuring the highest level of safety. Platelet Rich Plasma Therapy: More information coming soon… Naturopathic Oncology: An integrative approach to cancer care that focuses on: preventing cancer through healthy lifestyle, early diagnosis through effective screening, helping cancer patients understand their treatment options, improving response and reducing adverse effects to conventional oncology treatments with natural therapies, improving long-term outcomes with an integrative approach. A technical article published in Natural Medicine Journal: Tamoxifen and CYP2D6: Does genotype matter in tamoxifen use? Environmental Medicine: When indicated, we assess and addresses the environmental causes of illness. These may include: allergies, infectious diseases, chemical toxins, and heavy metals. Environmental Medicine improves health by helping patients identify and remove these insults from their environment and improve their body's ability to heal. Diagnosis & Assessment: Assessing and optimizing the function of the body is an important part of comprehensive natural healthcare. Functional disturbances cause people to feel unwell and occur before – sometimes long before – chronic diseases manifest. We utilize conventional medical diagnostic approaches including standard physical examination, blood tests, and imaging to diagnose disease. These approaches are the standard of healthcare and are often covered by insurance. When necessary, we recommend diagnostic approaches to assess functional status and specific organ systems through specialty laboratories and in office procedures. For people with a fast-paced and demanding lifestyle, this functional approach is an effective way to improve health, increase energy, and enhance cognitive function. Being proactive about preventing disease is perhaps the best way to ensure a long and vibrant life."

d) from maliknd.com/supplement-quality:

"About Supplement Quality. A recent New York Times article reports that the New York State attorney general's office recently tested herbal supplements from "GNC, Target, Walgreens and Walmart — and found that four out of five of the products did not contain any of the herbs on their labels." Supplement Quality in the New York Times. Supplement Quality in the New York Times. Unfortunately, this and other kinds of funny business is all to common in the supplement industry. It exemplifies why it is important to get supplements manufactured under good quality control and quality assurance. What makes it difficult to know if your supplements are good quality is that there are many factors involved. Information on supplement labels and manufacturer claims can be, at best, less relevant than consumers assume and, at worst, downright deceiving. Acronyms, like GMP, mean less than most consumers suspect. Ensuring supplement quality requires extensive testing on every batch of raw materials and final product produced: every batch of raw materials used and every batch of final product must be tested for authenticity, potency and stability (shelf life). all raw materials need to be tested for microbiological and heavy metals contamination, herbs must be tested for contamination with herbicides, pesticides, fungicides herbal extracts must be tested

for contamination with chemical solvent residues (because herbal extracts are frequently made with solvents that are carcinogens or toxic in other ways to humans) oils must be tested for rancidity fish oils must be tested for PCBs and dioxins perhaps most importantly – all testing must be done by high-quality, third party laboratories (i.e. not by the manufacturer or the raw material supplier). Obviously, all of these tests to ensure supplement quality become expensive. How can a supplement sold for the cheapest price do all this testing? They can't; they don't. To defray costs, many companies don't test raw materials or finished products; others only test some batches. Some supplement companies buy their own machine for analysis. These approaches work well for the company's bottom line but compromise value and even consumer safety. Ensuring supplement quality is expensive and takes a lot of effort on the part of the manufacturer. I spend a lot of time and energy to make sure that my supplement recommendations are the safest and best quality possible to maximize effectiveness. Be well, Richard Malik, ND Naturopathic Medicine in Salisbury, CT Naturopathic Medicine in Manchester Center, VT."

e) from maliknd.com/informational-videos:

"What's a Naturopath? - Richard Malik, ND" at https://www.youtube.com/watch?v=BuNTMf7P5uI [transcript] "we are and one of the aspects of care that's particularly important for people with cancer is community so that is really very very important so first off um I'm a naturopathic doctor and a lot of times people don't know what a naturopathic doctor is they often times haven't heard of a naturopathic doctor and um they often times say oh so you're a homeopath I say well yes but not really not exactly so um I always spend a little bit of time explaining what a naturopathic doctor is and um so natur in order to become a naturopath I had to attend a four-year graduate degree program a doctorate degree program a doctorate program and um the first two years of that training is in basic sciences and is modeled after medical school okay but in the last two years of training instead of focusing on drugs and surgery as our primary therapeutic modalities we focus on prevention nutrition natural therapies herbal medicine Physical Medicine um so massage or the application of water hot and cold um and Homeopathy um we also do learn about drugs and surgery so a naturopathic doctor's area of expertise is not prescription medications but we can prescribe them in some jurisdictions so nothing is really simple or straightforward in naturopathic medicine and you'll get a chance to see that um so um the biggest difference between in the in the extent of training the biggest difference between medical doctors and naturopaths is naturopaths don't have a residency after their graduation so naturopaths graduate from school and they become doctors immediately and the biggest reason for that is because there is no federal funding for naturopathic residencies so if there was the opportunity the profession wants to have residencies but the opportunities are limited so only about 5% of naturopathic graduates participate in a Residency program um but the profession has very high standards and we're always looking to improve and that's one of the things that we want to establish um at some point so I am a licensed naturopathic physician there are some people in the community not in this community just in the United States I

guess that call themselves naturopathic doctors in states that don't license naturopathic Physicians so Massachusetts is a state that has no no state law that says to be a naturopathic physician requires that you meet these specific requirements um so sometimes people just just it's just important to know that sometimes people call themselves naturopathic doctors and they did an online course or they just do so because they um had the opportunity to do so or they had the impulse to do so um so I am a licensed physician in the states of Connecticut and Vermont and what that means is I can diagnose and treat disease I can order Laboratory Testing um I can order MRIs and CTS and these sorts of things the state of Connecticut only allows me to um recommend nutritional supplements basically is the simplest way of explaining that um the state of Vermont does allow me to prescribe prescription medications and recently there's been a state law passed that says that by the end of July of this year naturopathic Physicians will be able to have full prescriptive rights so basically being able to prescribe any prescription drug that a medical doctor can prescribe um many insurance companies do carry natur uh do cover naturopathic doctors um so we're also part of the system in that regard too that's particularly good and true in Connecticut and Vermont or in New England in general in some areas of the country it's not the case where insurance companies even though doctors will be licensed they won't be covered."

f) from store.maliknd.com:

"Use the Coupon code "patient" to receive 10% off your entire purchase at checkout. New Directions in Medicine | Online Store. New Directions in Medicine has practices in Manchester Center, Vermont and Salisbury, Connecticut. We see patients of all ages with diverse health conditions and concerns. We help patients get well and stay well by identifying and addressing the underlying causes of ailments, and helping patients understand their condition and treatment options. Primary Care Physicians... and more. We are primary care physicians that take an integrative approach to health, wellness, and treating disease. We provide routine examinations, routine screenings, immunizations, and other components of wellness care. In addition to the standard routine screening, we assess patients for nutritional deficiencies and metabolic issues that impact health and wellness. We treat acute and chronic conditions with standard medications, nutritional medicine, and natural therapies. Call today for an appointment."

082. ND Brody ND Nakamura Pages at brodynd.com

a) from brodynd.com/about-dr-nakamura:

"Dr. Kazuko Nakamura ("Dr. Kaz") has a gentle but comprehensive approach to health. Her approach is to understand her patients holistically and treat the entire person, mind, body, and spirit. To do this she incorporates functional medicine in her diagnosis and strives to achieve optimal health outcomes, not just an alleviation of symptoms. Dr. Nakamura understands the difficulty patients have in attaining and maintaining healthy lifestyles in the modern world with all its stresses and pressures. Part of her treatment is to provide the tools for the incorporation of meaningful lifestyle changes to create sustainable solutions for patient's long-term health. Dr. Nakamura graduated with a ND (2008) and a Masters in Acupuncture

(2008) from University of Bridgeport. She has been in practice for 12 years including 10 years at Trumbull Naturopathic and Acupuncture where for the last 8 years she was the lead naturopathic physician. She also practiced for 6 years in a multi-disciplinary clinic in Farmingdale, NY as a head acupuncturist."

b) from brodynd.com/dr-brody:

"About Dr. Brody Naturopathic Physician. Dr. Robert BrodyDr. Robert Brody, FABNG. Naturopathic Physician. Background. From a young age Dr. Brody, or "Bob," has always found an interest in natural medicine and the power of nature. Growing up he was heavily influenced by his father, who is a practicing Nutritionist. At the age of 16, Bob became an Eagle Scout. He is also a third-degree black belt in the traditional Japanese art of Aikido. After high school, Bob went on to pursue an Adventure Recreation degree from Green Mountain College. As a young adult, Bob worked as a teachers' assistant in Essex Junction, VT. During this time, he witnessed many students taking prescription drugs and saw no improvements to their health. Working with these students inspired Dr. Brody to further pursue natural medicine and become the naturopathic physician he is today. Training and Education. Dr. Brody received his doctorate degree in Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine, and his Master's degree in Human Nutrition from the University of Bridgeport Nutrition Institute. He is currently licensed as a Naturopathic Physician in the State of Connecticut. He completed his non-CNME residency at the Center of Excellence in Generative Medicine under Dr. Peter D'Adamo. Dr. Brody has also attended and graduated from the New England School of Homeopathy. Professor Robert Brody. After completion of his residency, Dr. Brody opened up a practice in Bridgeport, CT, and later an insurance-based clinic in Newtown CT. He served as an Adjunct Professor at the University of Bridgeport College teaching Anatomy and Physiology. Dr. Brody is the first board certified Fellow from the American Board of Naturopathic Gastroenterologists (FABNG) in the state of CT. Here you can find a full list of Dr. Brody's education. Specializations. Dr. Brody is a board-certified Fellow from the American Board of Naturopathic Gastroenterologists(FABNG)who specializes in Small intestinal Bacteria Overgrowth (SIBO) and other functional digestive disorders. He also works with many, Rheumatology (autoimmune diseases) patients. Dr. Brody is also board-certified in Generative Medicine (IGM) – aka Functional/Evidence-Based Natural Medicine. He uses tools such as nutritional genetic analysis software (Opus), the SWAMI nutritional program, and different Microbiome analysis tools to make unique personalized medical treatment plans. His practice uses botanical medicine (herbs), vitamins, minerals, supplements, homeopathics, and naturopathic manipulation, along with diet and lifestyle modifications to treat patients holistically. Professional Associations. Dr. Brody is a member of: American Association of Naturopathic Physicians (AANP), Gastroenterology Association of Naturopathic Physicians (GastroANP), Institute of Naturopathic Generative Medicine (INGM). And currently serving as the president of: Connecticut Association of Naturopathic Physicians (CNPA). Hobbies. Dr. Brody mountain biking. Nowadays, when Dr. Brody isn't seeing patients, he can be found "walking his talk." He enjoys practicing aikido, mountain biking, snowboarding, and hiking with his wife Meaghan and their dog Andy; all

geared to his specific blood and genotype (Blood Type O Positive, Secretor, Hunter.) Dr. Brody's Office. He currently sees patients out of his insurance-based practice, Personalized Natural Medicine, in Newtown, CT. For a complete biography please watch my Biography video."

c) from brodynd.com/gastroenterology/sifo/:

"Small Intestinal Fungal Overgrowth (SIFO). Small Intestinal Fungal Overgrowth, or SIFO, occurs when yeast – also known as candida – is able to grow in large quantities in the small intestine. This can lead to a number of digestive symptoms. Other names for SIFO include chronic candidiasis and yeast syndrome(1). Who can Have SIFO? Limited preliminary data suggests that younger children, older adults, and individuals with weakened immune systems are more prone to getting SIFO. However, a similar study found that individuals who take PPIs (proton pump inhibitors) may be more susceptible. Anyone who has either a Blood type O, a homozygous recessive FUT2 genetic mutation, or has a Lewis A+, Lewis B- blood type – making them a non-secretor – is also more susceptible to candida overgrowth and SIFO. Blood Types and SIFO Predisposition. Blood Type Os (about 40% of the population) and anyone who is a non-secretor (about 20% of the entire population) will always have yeast in their digestive tracts. However, it is our goal to keep this fungus at a proper level. 80% of the population are secretors, meaning that their blood cells attach their specific sugars to different substances in the body. These sugars can act as a shield, preventing other microorganisms from being able to attach themselves. For instance, these sugars normally inhibit candida from binding to the lining of our intestines. However, non-secretors don't have this protection, giving them a higher likelihood of chronic candidiasis(2). Other SIFO Risk Factors. Intestinal dysmotility is a common precursor to digestive disorders. We have muscles along our digestive tracts that contract, allowing substances to move through. When these contractions are altered, it can cause digestive symptoms. If the contractions are slowed down and less frequent, they can cause constipation. And if they are sped up and more frequent, it can cause diarrhea. Patients have a higher risk of developing SIFO when they have been immunocompromised. This condition is also more likely to induce digestive symptoms in patients who have underlying diseases such as cancer. People who have recently undergone antibiotic therapy, dental procedures, have a diet high in simple carbohydrates, people who have recurring vaginal yeast or chronic sinusitis, and other conditions have an increased risk of developing SIFO. What SIFO Does. SIFO is a fungal – or more commonly a yeast overgrowth – inside the small intestines that can cause many symptoms similar to SIBO. One of the most notable traits of candida infection is that it can make a biofilm to protect itself from various treatments. Generally, candida lives in our digestive tract ecosystem harmoniously with the other bacteria that make up the microbiome. When there is an overgrowth, it can deal some damage to the intestinal lining, or fight a long war with bacteria in the digestive tract. This war can cause a depletion of resources, which chronically can suppress the immune system and lead to a larger overgrowth(1). Symptoms of SIFO. SIFO Symptoms can include classic digestive symptoms of bloating, gas, cramps, and perianal itching. Other classic symptoms can include a white coat on the tongue called oral thrush,

fatigue, depression, chronic vaginal yeast infections, allergies, and skin issues. They can also include lethargy, myalgia, joint pain, and environmental sensitivities (chemicals, molds, etc). A strange symptom that can help lead a physical to a diagnosis of SIFO is flatulence after eating a high simple carbohydrate meal or beverage(2). Recurring SIBO or IMO symptoms that persist after proper treatment can be the result of candida overgrowth. This is mainly due to the candida organism making biofilms to protect themselves from the various treatments being given. SIFO and SIBO have a significant overlap of symptoms. Both conditions can induce migraines, depression, fatigue, bloating, and more. About 5% of SIBO cases are SIFO. A combination of yeast overgrowth and SIBO can occur at the same time, which happens about 20% of the time. Females are 8 times more likely to develop SIFO due to higher circulating levels of estrogen(1). Also, anybody using Antibiotics, especially for chronic for various infections have an increased risk of having SIFO. Diagnosing SIFO. At this point in time, there is no absolute, widely acknowledged, one-guaranteed way to diagnose SIFO. The Candida Questionnaire can be used as a screening tool. If we use this screening tool along with someone’s ABO blood type, genetic FUT2 status, and symptomatology, a clinical diagnosis can be made. However, most physicians also want some form of laboratory data to confirm. As of 10/2023, there is an established ICD-10 Diagnosis code for SIFO. The K63.822 code now firmly establishes this condition as an official medical diagnosis and prevents certain providers from claiming “it isn’t a real diagnosis” anymore. Esophagogastroduodenoscopy (EDG). A test performed by a gastroenterologist with an endoscopy. A diagnosis can be made when a sample of liquid is taken from the small intestine, known as a small bowel aspirate, and cultured. If this culture contains candida above a certain range a diagnosis of SIFO can be given. Doctors can then further analyze this sample to determine both the specific type of fungi/yeast and the specific treatment needed. Blood Tests. Another – but less reliable – test includes checking the blood for Candida albicans (yeast) antibodies (IgG, IgA, IgM). Most major labs can perform this test. This test is best to monitor treatment for SIFO and to ensure that a patient’s SIBO/IMO symptoms are actually due to candida overgrowth. Another test called Candida Immune Complex seems to be one of the better blood tests for diagnosing SIFO. A host of out-of-network labs can also assess various naturopathic medical lab markers. One of these markers is Beta-alanine, which is a byproduct of candida and if found to be elevated can help rule in SIFO. We can also check the secretory IgA, which if low can indicate chronic SIFO. When this test is low because it is one of the methods the body naturally has to remove candida from itself. The last test that will sometime be investigated is D-arabinitol. This chemical is a waste product from SIFO that can be measured as well(3). qPCR DNA Analysis. Another method offered by some labs includes a qPCR DNA analysis. Labs will analyze a stool sample. This is by far the easiest and most accessible way of diagnosing SIFO for most physicians and their patients. An older and less sensitive and specific method is via analyzing a stool sample for candida. This is wrought with issues as candida can continue growing while the stool sample is being transported to the lab, yielding a false-positive result. There have been some advances in recent years on providing a transport solution to minimize these false-positive results but since there are other more reliable methods most physicians do not routinely use this method anymore. Ruling Out Other Causes.

Doctors need to rule out many other common causes of SIFO before making a diagnosis. These include immunodeficiencies such as AIDS and/or HIV, Autoimmune diseases such as CeD, UC, and hormone disorders such as diabetes and of course SIBO, and IMO. Allopathic SIFO Treatment. Usually, knowledge physicians will recommend antifungal medications such as nystatin, ketoconazole, Diflucan, and/or fluconazole, but this may not completely solve the problem as the underlying reason of the SIFO must first be addressed. However, a patient who took part in a research study saw reduced quantities of fungi in the digestive system after taking a three-week course of fluconazole(6). Natural SIFO Treatment. Dietary treatment plays a large role in helping to rebuild the digestive system. While antifungal medications can help purge the fungi, they don't help rebuild the microbiome or the digestive system itself. Making sure the body has the proper nutrients is crucial for both recovering from an overgrowth, but also preventing it from coming back. Most people try an anti-candida diet to short-lived success. This diet will essentially starve the yeast of the sugars they need to grow and multiply, but it is a very restrictive diet that most can not follow long-term. Avoidance of sugar, dairy, mold, and other IgG foods provoking compounds needs to be limited in this diet. But this is like running west to see the sunrise. There needs to be a consideration of why the candida is growing. Because for most people, their SIFO will return soon after they stop this diet. The Natural Approach. One of Dr. Brody's late teachers, Dr. James Sensenig, also taught that you need to give the body what it needs, take out the trash, and increase vitality for true healing. With the same analogy, simply removing the yeast will not induce remission (in most cases). You still need to give the body (and the yeast) what they need to thrive and be in balance in the microbiome. The vitality aspect plays a role with energy and life force, for a lack of a better word. A restrictive diet can be a drain on vitality, and it is not personalized for the patient. This can create an imbalance, upsetting the digestive tract. Fixing a leaky gut can calm the immune system down, allowing the detoxification process of different yeast myotoxins, antigens, and other body parts are key in long-term remission prevention. Detox protocols for SIFO usually include choline, betaine, smilax, cleavers, Infrared saunas, homeopathy, and hydrotherapy treatments. Researchers found Saccharomyces boulardii to be effective at getting rid of fungi. Researchers found this probiotic had fewer side effects than some antifungal medications in infants(7). Naturopathic medicines include Caprylic Acid, berberine containing botanicals, garlic, oregano oil, and probiotics. Potential SIFO Complications. The most common fungi that can infiltrate the digestive tract is the Candida species. Researchers have associated high levels of Candida with ulcerative colitis, Crohn's disease, gastric ulcers, and potentially irritable bowel syndrome (IBS) as well. Researchers have also tied SIFO to immunodeficiency. There is also a phenomenon called auto-brewery syndrome where a high level of yeast living inside the intestines will produce alcohol as a by-product of simple carbohydrate consumption. This alcohol can then lead to being intoxicated without ever consuming alcohol(8). Related Bacteria. While not a bacteria, Candida tropicalis has been found in most SIFO cases. There are rare reports of candida albicans overgrowths, typically in older adults who were otherwise healthy."

d) from youtube.com/watch?v=bp1vpRIUkm8:

“Naturopathy doesn’t have to be a mystery, and a naturopathic physician doesn’t have to sound intimidating. Watch this brief video of Dr. Brody explaining what makes a naturopathic physician tick, and why this growing field of medical study is so important! For information about Dr. Brody, please click here. To schedule an appointment, please contact the front desk of the Personalized Natural Medicine Clinic, located in a beautiful Victorian house in the heart of Newtown, Connecticut […from the video’s description] it is Naturopathic Awareness Week. Please watch this short video to learn just what a Naturopathic Doctor is […from the video] ‘hello, Dr. Robert Brody. I just want to talk to you today about naturopathic medicine. As you may have heard, it's naturopathic awareness [week]. This week, October 6th to the 14th has been designated in the United States Senate via Resolution 420. As defined by the American Association of Naturopathic Physicians, Naturopathic medicine is the distinct primary care profession emphasizes prevention, treatment, and optimal health for the use of therapeutic methods and substances that encourage the individual's inherent self-healing processes. The practice of naturopathic medicine includes modern, traditional, scientific, and imperial [sic, ‘empirical’] methods. In short, naturopathic physicians are primary care doctors who use natural therapies as a first-line treatment option. A licensed naturopathic physician or MD depends a four-year in residency graduate level naturopathic medical school and is educated in all the same basic sciences as an MD, but also studies holistic, non-toxic approaches to health with a strong emphasis on disease prevention and optimizing wellness. In addition to a standard medical curriculum, naturopathic physicians also study clinical nutrition, homeopathy, botanical medicine, and psychiatry, and counseling. A naturopathic physician also takes professional board exams called the NPLEX. Thank you for your support. If you have any questions or concerns, you want to talk about naturopathic medicine, or you would like to make an appointment, please call the Center of Excellence in General Medicine at 203-366-0526. Thank you very much, and please enjoy your evening."

e) and https://www.cga.ct.gov/2025/phdata/TMY/2025SB-01325-R000226-Brody,%20Robert,%20President-CT%20Naturopathic%20Physicians-Supports-TMY.PDF

083. ND Machin ND Munro Pages at naturamedicamystic.com

a) from naturamedicamystic.com/about-us:

“About us Laura A. Munro, ND Dr. Munro began her career in the medical field in 1992 after graduating with her Associates degree in Applied Science with a focus in Physical Therapy. She has worked in the field ever since in a variety of settings including: orthopedics, in-patient, out-patient, and lastly pediatrics. The children she worked with finally gave her the inspiration she needed to accomplish her goal of becoming a doctor. She returned to school in 2002 to attain her pre-med requisites and graduated, Magna Cum Laude, with her Bachelor's degree from the University of Connecticut in 2007. Directly after graduation from UCONN she entered Naturopathic Medical School and graduated, July 2011, from the Southwest College of Naturopathic Medicine earning her Doctorate in Naturopathic Medicine. In addition Dr. Munro owned and operated Serenity Yoga Studio from 2000 to 2003 where she witnessed the amazing healing that took place on a physical, spiritual, as

well as a mental/emotional level. She believes that it is this holistic process which demonstrates our body's innate wisdom to heal itself. Dr. Munro prides herself on having the attributes that she considers makes for an exceptional physician including: tenacity, non-judgment, compassion, good listening skills, curiosity, honesty, open-mindedness, patience, adaptability, and a willingness to grow. She believes that possessing these qualities serves the patient, allowing the physician to look at the whole person including the patient's personal situation, offering the potential to treat the entire family. She believes strongly in educating her patients, as well as the community, in order to encourage them to become proactive, passionate and to allow them the opportunity to understand the impact they can have on their own health and healing. Dr. Munro feels that by empowering her patients with understanding and knowledge they will be able to actively affect their own potential. Dr. Munro's goal and desire is to be a portal through which her patients will attain a level of health that will manifest into a balanced way of life. She affirms to work diligently to put the pieces of the puzzle together, and to help her patients take back the power to live a full, healthy life. The decision for treatment will be a collaborative effort between patient & doctor, and will include such options as hydrotherapy, nutrition, botanicals, homeopathy, craniosacral therapy, therapeutic activities/yoga, acupuncture, as well as cleansing protocols. Sally Machin, ND - Currently Accepting New Patients. Dr. Sally Machin received her degree in Naturopathic Medicine from National University of Natural Medicine in Portland, Oregon. She has a diverse clinical focus and enjoys working with patients who experience a variety of conditions, as well as those who wish to focus on prevention and optimizing their health. Dr. Machin believes that nutrition and lifestyle are key components to achieving wellness. She uses targeted therapies, such as specific nutrients, and herbal medicine to enhance healing. She strives to educate all her patients so they understand their health concerns, and collaborates with patients to discover the cause of their symptoms. Dr. Machin's ND degree includes a certificate in midwifery, and she has assisted in many births. Although she is not currently practicing as a midwife, she continues to enjoy working with women in the areas of natural fertility, prenatal care, and postpartum care. Many women can benefit from additional supportive care during these times. Her interest also includes other areas of women's health. Dr. Machin is a former Division I athlete; she competed in rowing at Boston University while obtaining her bachelor's degree. Because of this background, another special interest of Dr. Machin's is working with patients to improve athletic performance. Dr. Machin lives in Stonington, CT with her husband, dog, and their chickens. She is excited to be working close to home and helping the community in which she lives. Dr Machin enjoys outdoor activities, such as hiking, biking, and gardening (particularly when she gets fresh vegetables out of it). Deirdre J. O'Connor, ND - Retired Dr. O'Connor was the founder of Natura Medica and retired from practice in 2019.”

b) from naturamedicamystic.com:

“NATURA MEDICA We specialize in treating the whole patient using an integrative approach. ACCEPTING NEW PATIENTS Primary Care for the whole family Complete Physical Exams for adults and children Gynecological exams including pap smears

and breast exams Acute visits Preventive Medicine Laboratory Testing CONTACT US OFFICE HOURS Monday 8:00 – 5:00 Tuesday 8:00 – 5:00 Wednesday 8:00 - 1:00 Thursday 8:00 – 5:00.”

c) from naturamedicamystic.com/information:

“PATIENT INFORMATION Instructions for tele-medicine appointments: Telehealth visits: On the day of your confirmed appointment, CALL our office at 860-572-9566 to CHECK IN. Tell us: Your name, the time of your appointment, and your physician. Additionally you will be asked to provide a credit card which will be run by end of the day for copays, co insurance and /or back balances, should the staff not reach you to complete your check out. Video - a link will be emailed/texted to you the day of your appointment. All you have to do is click on the link! General appointment policies All office visits are by appointment only. Please call 860-572-9566 to schedule an appointment. If you have an ACUTE concern, please let the staff know and we will make every effort to see you that day. If you need to reschedule or cancel an appointment our policy is at least 24-hour notice. It is our office policy to charge $60.00 for any less than 24-hour cancelation, missed, or no show appointment. New Patients Your first visit at Natura Medica will generally take about 1 hour to complete. After you have scheduled your initial office visit, we will email you the appropriate forms to be filled out. Please note that new patient forms are due back one week prior to scheduled appointment, should we not receive the appropriate forms within one week (prior to the scheduled appointment) our policy is to cancel the appointment and you will be required to reschedule. On or Before your initial appointment we will need: a copy of your picture I.D. a copy of your Insurance card (front and back) copies of labs and /or imaging (XR, CT scan, MRI) for the last 3 years At your first appointment: Bring a list of supplements (option: bring actual bottles) and prescription medications Health Insurance We are participating providers* with: AETNA Anthem BCBS Cigna United Health Care United Health Care/Oxford As of July 1 2025, We will no longer be participating providers with Connecticare** Please note: This separation means we are now considered OUT OF NETWORK PROVIDERS. *Insurance coverage is confusing so we encourage you to call the number on the back of your insurance card to confirm that you have "naturopathic care on your policy" RHODE ISLAND INSURANCE (even if listed above), and Medicare does NOT cover Naturopathic Care and you will be a Self pay patient. (Prompt payment discounts are offered at time of office visit only) Co-pays, and prepayments for coinsurance/ deductibles is required at time of visit. We accept cash, personal check, debit, VISA, MASTERCARD, AMEX, Discover and HSA. Any additional balances from health insurance deductibles are due promptly. If you have a Health Savings Account (HSA) all of the services provided by Natura Medica are considered qualified medical expenses. Pharmacy Refills Following your treatment plan with consistency will give you the best results. Options for refilling pharmacy: Please visit our PHARMACY page for ordering information.”

d) from naturamedicamystic.com/pharmacy:

“Ways to order Pharmacy: 1)Place your order below (bottom of the page) You will be contacted to confirm your order is ready for pick up 2)Call the Pharmacy @ (860)

572-6540 Please include: Your name Patient name Pharmacy order (Name of product, Number of caps / bottle, Number of bottles to be ordered) Phone number *SHIPPING pharmacy orders- additional charge (based on size of order) **SPECIAL ORDERS --ARE NON REFUNDABLE, PAYMENT IS DUE UPFRONT The following items are NON-REFUNDABLE/NONRETURNABLE: Special orders, tinctures, EFA/fish oil, supplements in oil and/or refrigerated items Return/Refund Policy (with the exception of "non-refundable/nonreturnable" listed above) in original condition which are unopened and have been purchased at this office can be returned within 30 days of purchase for credit to your account for future pharmacy orders. 3)Place your order with our SOURCE COMPANIES: SEE BELOW FOR LINKS TO CREATE YOUR FULLSRIPTS ACCOUNT CLICK ON THIS LINK: https://us.fullscript.com/welcome/naturamedica SEARCH FAVORITES FOR THE ITEMS WE STOCK IN THE OFFICE, OR TYPE IN THE VENDOR NUMBER (EE#) PROVIDED BY YOUR DOCTOR FOR SPECIAL ORDER ITEMS ONCE YOU HAVE CREATED AN ACCOUNT: YOU CAN SET UP AUTO-SHIP TO MAKE SURE YOU DON’T RUN OUT YOU CAN USE FULLSCRIPTS MOBILE APP Search “Fullscript” in the app store & download, (Android app coming soon!) YOU CAN EVEN ORDER BY PHONE: Call 866-807-3828 Have questions? Call 866-807-3828 to speak to a Customer Success Associate Email support@fullscript.com.”

e) from naturamedicamystic.com/medicines:

“Our Medicines Botanical Medicine Botanical Medicine, also known as herbal medicine, is the use of the medicinal properties of plants to assist the body's natural healing mechanisms. These medicinal properties can be used to treat both acute and chronic illnesses as well as to enhance optimal function. read more Nutrition Good nutrition is a vital component of optimal health maintenance. Unfortunately, we are inundated with nutritional advice from many sources, including the media, food packaging labels, friends, family and doctors. Much of this advice is often confusing, contradictory, and of suspect validity. At Natura Medica, the practice of Clinical Nutrition utilizes the latest scientific knowledge and applies it to the individual's unique health issues to optimize function. read more Homeopathy Homeopathy is a natural holistic healing method that has been practiced worldwide for over 200 years. It is a gentle yet powerful healing process, which functions by recognizing and working with the dynamic and sturdy recuperative powers innate in the human organism. read more Lifestyle Counseling It is well-known that diet, exercise, and stress all impact health, quality of life, and longevity. The question, is, "how exactly?" By understanding the unique needs of each individual's health, abilities, social environment, life goals and time commitments, and combining those factors with the latest scientific information, we provide specific and customized guidance for lifestyle modifications that will dramatically impact your ability to enjoy life, and help you create habits that maximize long term health. read more.”

f) from naturamedicamystic.com/homeopathy:

“Homeopathy. Homeopathy is a natural holistic healing method that has been practiced worldwide for over 200 years. It is a gentle yet powerful healing process, which functions by recognizing and working with the dynamic and sturdy

recuperative powers innate in the human organism. In conventional "western" medicine, the aim of treatment is to eliminate the external causative factors (like bacteria), and to eliminate or alter the normal physiologic response (like inflammation), that leads to symptoms. Homeopathy, in contrast, respects the body's intelligence in the production of symptoms, reasoning that symptoms result from the efforts of the defense mechanism to restore order, and we seek to support the effort (to render it more effective). So, rather than giving a medicine that suppresses the intelligence of the body, the homeopath will choose a remedy that can best strengthen the body's defenses and allow healing to occur naturally. Homeopathic remedies are derived from natural sources such as plants, minerals, and other natural substances. They are prepared by a special process of step-by-step dilution and succussion (shaking) under strict pharmacy conditions. This process is called "potentization". It unlocks the "energy" of the substance and is responsible for the homeopathic remedy's remarkable healing properties. Homeopathic remedies are remarkably safe. They can be used during pregnancy and will not interact adversely with conventional medications. The remedies are chosen based upon the "Law of Similars," which states that a medicine which produces a set of symptoms in a healthy person will cure the same set of symptoms in a sick person. Each homeopathic remedy has been carefully tested on large numbers of healthy people (an experiment known as a proving) to discover what symptoms are produced, and thus we also know what symptoms it is capable of curing. We are not matching single symptoms but the whole pattern or "totality" of symptoms. In this way, homeopathic remedies are used to treat a wide-variety of acute and chronic conditions, both physical and emotional. The challenge in homeopathic practice is to select the correct medicine. While there are probably several medicines which have some degree of similarity, there is one whose degree of similarity is so strong as to unlock the full healing power of the organism. Finding this medicine can be a challenging process, requiring time and effort for both doctor and patient. When the correct medicine is given, however, the response is often dramatic, far-reaching, and prolonged.

g) from naturamedicamystic.com/naturopathic-medicine:

“Naturopathic Medicine. Naturopathic Medicine is based on two fundamental principles: first, that within every human being are intrinsic, natural healing mechanisms, which are responsible for our ability to maintain health and overcome illness. Second, that the therapies used should promote these healing mechanisms in the least invasive and most effective manner possible. Therefore, naturopathic physicians serve both as primary care doctors as well as specialists in treating a wide variety of diseases with therapeutic nutrition, homeopathy, botanical medicines, physical therapy techniques (exercise, massage, ultrasound, electrotherapy), acupuncture, hydrotherapy, and lifestyle counseling. Diagnosis includes identifying the underlying causes of disease, and all treatments are customized to meet the unique needs of the individual. By activating the natural healing mechanisms of the body, treatments are usually very gentle, safe, and create lasting results. All licensed naturopathic physicians have graduated from a four-year naturopathic medical school after completing conventional pre-med

requirements at the under-graduate level. The first two years of naturopathic medical school consist of basic medical sciences such as anatomy, physiology, biochemistry, physical and clinical diagnosis, etc. The second two years combine the study of the entire range of human disease in courses such as gynecology, pediatrics, endocrinology, cardiology, gastroenterology, etc. with emphasis on the application of naturopathic therapies along with additional coursework in clinical nutrition, botanical medicine, homeopathy, physical medicine and lifestyle counseling. Clinical training is integrated throughout the final two years of curriculum. Upon completion of training, students are awarded a Doctor of Naturopathic Medicine degree (N.D.). Graduates of accredited naturopathic medical schools must pass a national professional licensing exam to become licensed as naturopathic physicians in Connecticut. Currently, naturopathic physicians are licensed in Alaska, Arizona, California, Connecticut, District of Columbia, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Utah, Vermont, Washington, Puerto Rico and the Virgin Islands. In Canada, naturopathic physicians are licensed in Ontario, British Columbia, Manitoba, Alberta and Saskatchewan. Naturopathic licensure campaigns are underway in many other states and provinces. To learn more about naturopathic medicine, visit the website of the American Association of Naturopathic Physicians at www.naturopathic.org. To learn more about naturopathic medical education visit the website of the American Association of Naturopathic Medical Colleges at www.aanmc.org.”

h) from naturamedicamystic.com/botanical-medicine:

“Botanical Medicine Botanical Medicine, also known as herbal medicine, is the use of the medicinal properties of plants to assist the body's natural healing mechanisms. These medicinal properties can be used to treat both acute and chronic illnesses as well as to enhance optimal function. Many cultures throughout the world have accumulated an impressive understanding of the medicinal and healing properties of plants indigenous to their respective ecosystems. In the past 20 years there have been significant advances in the scientific understanding of the active principles and actions of many herbal "folk" remedies. Examples of this include the use of Hawthorne (Crataegus Oxyacantha) for heart disease, specifically congestive heart failure; St John's Wort (Hypericum perforatum) for depression; and Siberian Ginseng (Eleutherococcus senticosus) for endurance and increasing resistance to the effects of stress. In fact, about 25% of all prescription drugs in the U.S. contain active constituents obtained from plants. Since the scientific investigation of medicinal plants is still in it's infancy, we must blend the most current scientfic information with the centuries old traditional knowledge to utilize the full potential of botanical medicines. Botanical medicines are not simply "green" replacements for pharmaceutical drugs. The most effective botanical medicine prescriptions are those formulated from a deep understanding of the individual patient's needs as well as the multiple ways in which the plant affects physiologic functioning. For example, one person experiencing insomnia due to an overactive nervous system might use some valerian with a good result. However, another person with the same problem might not respond to valerian alone, because the underlying problem causing the insomnia has not been addressed. What that

person actually needs is an herbal medicine prescription that will calm and restore the nervous system such as a combination of skullcap, wild oat, Siberian ginseng and lemon balm. There is both a "science" and an "art" to this form of medicine. Prescribing botanical medicines in this way will correct the underlying dysfunction, leading to a better health outcome with fewer side effects. While many botanical medicines are safe for self-prescribing, complications can arise when using prescriptive medications with botanical medicines or in specific medical conditions. In these cases, our naturopathic physicians are clinically trained to assess the unique needs specific to each patient.”

i) from naturamedicamystic.com/nutrition:

“Nutrition Good nutrition is a vital component of optimal health maintanance. Unfortunately, we are inundated with nutritional advice from many sources, including the media, food packaging labels, friends, family and doctors. Much of this advice is often confusing, contradictory, and of suspect validity. At Natura Medica, the practice of clinical nutrition utilizes the latest scientific knowledge and applies it to the individual's unique health issues to optimize function. When working with our physicians, you will learn what is the ideal diet for you (which may be different from your best friend's ideal diet), and you will learn which supplements might be necessary for you because of your unique biochemistry. There are certain nutritional guidelines that apply to almost everyone: for example, we all need a diet rich in vegetables and low in sugar to maintain health. However, more specific questions such as, "how much protein should I eat?" and, "how much magnesium do I need?" can have drastically different answers for different people. After analyzing your symptoms and test results, your doctor will guide you to making the right choices for your health, and help you implement a plan to make any necessary changes to your diet. For some people, dietary change is not enough to compensate for long standing deficiencies or inefficient use of certain nutrients by the body, and nutritional supplementation is necessary. In this case, your doctor will determine your personal "required daily allowance" (RDA) for supplementing via testing and analysis of your symptoms, and teach you what benefits you should expect to experience by taking the supplement. Because the optimum doses may change over time, it is important to re-evaluate the supplements you are taking on a regular basis.”

084. ND Fiorentino Pages at thecenterfornaturalhealth.com

a) from thecenterfornaturalhealth.com:

“Experience an All Natural & Unique Approach to Lyme Disease, Autoimmunity, Hormone Imbalances, & Digestive Disorders. If you’re here, chances are you’ve been searching for answers to a chronic health condition—and haven’t found the solution yet. Many of our patients felt the same way prior to being treated by us. Our unique approach has helped many other people just like you reclaim their health and feel well again. There are solutions, and there’s hope. Contact our office today to schedule your complimentary consultation, and let’s explore how we can help you heal—naturally and completely Book A Free 15-Minute Consultation Dr. Fiorentino Dr. Salvatore Fiorentino (Naturopathic Physician) I have an idea what

you’re going through because I have been there myself. My experience with my own chronic health condition led me to develop the 3 Healing Principles Method, which I used to restore my health. And now, I share this same approach with others to empower them in their own healing journeys.”

b) from thecenterfornaturalhealth.com/about-dr-fiorentino:

“Dr. Salvatore Fiorentino, ND, MS Licensed Naturopathic Physician Dr. Salvatore Fiorentino My Story I personally know what it’s like to experience a chronic health condition because I, too, was stricken with one for many years prior to getting my life back. To start, when I was in my early 20s, I developed a so-called “autoimmune disorder,” which occurred immediately after getting the Hepatitis B vaccine. I got that vaccine because I was told that it would be a good thing to have at the time, especially due to working as an EMT with an ambulance company where I would be at a higher risk of being exposed to blood. Little did I know how that simple shot, which only took about 3 seconds to get, would change the rest of my life. I spent many years suffering, going from one doctor to the next, but never receiving any real viable solutions. I knew very early on that conventional medicine (pharmaceuticals and medical doctors) wasn’t going to provide me with a cure, or even an effective treatment. Basically, all they had were steroids to prescribe, which suppresses the immune system. Using steroids is a terrible idea long-term for many reasons, but that would have to be discussed at another time. Needless to say, I felt for many years like I was going through hell, experiencing strange symptoms, which made no sense to me at the time. But I always remembered what someone once told me, when you are going through hell, keep going, because you don’t want to get stuck there. I took that great piece of advice and did exactly that. Living with an autoimmune disorder taught me to always keep moving forward, which meant I should keep learning and trying different things to improve my health. Over the years, I chose to maintain a positive mindset about what happened to me. I personally don’t think life’s experiences just happen randomly. That’s why when I look back at the earlier years of my life, I don’t regret what happened to me, because hey, if it didn’t happen, then I would never have become a Naturopathic Physician, and I’m sure that a lot of my patients wouldn’t have been too happy about that. My experiences with an autoimmune condition led me to eventually become a Naturopathic Physician. It wasn’t easy, especially dealing with the symptoms that I was experiencing, while at the same time studying day and night for four years doing my doctorate in Naturopathic Medicine. But I did it, and learned a lot more about autoimmunity, which helped me start to reclaim my health. Then, sometime either during my schooling/training or sometime after, I started to experience a number of new symptoms that were stranger than what I had experienced with the autoimmune disorder. I was stumped to what was causing it. At that time, I decided to find others to help me. I saw many different doctors, but no one had any real answers to why I was feeling so bad. I became very frustrated, especially when I started to hear from some of these doctors that it was all in my head. That really agitated me at the time. Telling someone it’s just in their head because they (the doctors) didn’t have an answer to why someone is experiencing particular symptoms isn’t a real answer. Then, one day, I finally received an answer.

After taking a blood test, I was officially diagnosed with Lyme disease, I had taken this test in the past, many times, but it always came back negative. I would later find out that the blood tests for Lyme disease aren't very accurate, with them resulting in many false-negative results. You can read more about this in my article 3 Reasons Why It's So Difficult To Diagnose Lyme Disease. 3 Real Reasons Why It's Difficult To Diagnose Lyme Disease On a separate note, it's even more difficult to diagnose some of Lyme's coinfections, which I found out later. After the diagnosis, it all started to make sense to me, especially after finding out that Lyme disease is often called the great imitator. This means that Lyme disease can imitate, and even be the trigger to, practically any disease, including, but not limited to, neurological disorders, heart disease, anxiety, digestive disorders, hormone conditions, autoimmunity, allergies and/or sensitivities, etc. However, the most important thing at the time, after the diagnosis, was that I could finally start to get treatment. Even during treatment, I still couldn't help but feel that I wasted years of valuable time trying to get a doctor to help me figure out what was causing my symptoms. However, that time turned out to be very valuable, not only to me, but eventually to my future patients. I realized that I had a chance that I never had before Lyme Disease. I could now understand what many people were going through with this disease, how to help diagnose them properly, and especially how to effectively treat them on many different levels using Naturopathic Medicine. My experience really helped me in a way to become an expert with Lyme disease that I never could have been in the past. Since recovering from Lyme disease, as well as an autoimmune disorder, I vowed that I would share all the tremendously valuable information that I learned from my own experience over the years. I now use that personal experience to educate and treat my patients. All of these experiences that I endured have made me what I feel to be much more effective in treating people who come to me no matter what health complaints/conditions that they may have. Read More About My Story With Lyme Disease Here Professional Credentials and Certifications Dr. Salvatore Fiorentino is a licensed Naturopathic Physician, and is the founder and medical director of The Center for Natural Health, located in Westport, CT. He is a graduate of the College of Naturopathic Medicine, University of Bridgeport, where he earned his doctorate. In addition to earning a doctorate, Dr. Fiorentino earned his master's degree in Environmental Studies and Science from C.W. Post, Long Island University, where he graduated Magna Cum Laude. Prior to medical school, Dr. Fiorentino first began his health care training as an Emergency Medical Technician (EMT), and maintained his certification for over ten years. While employed as an EMT, he completed his bachelor's degree in education and pursued his interest in teaching science. He taught science in New York State and still maintains his permanent certification as a biology teacher. In addition, Dr. Fiorentino was also a certified personal trainer and New York State certified athletic coach during his time teaching. Dr. Fiorentino considers his background in teaching as an asset to his Naturopathic medical training because he believes it helps him to better listen, understand and educate his patients, while empowering each individual to pursue optimal health. Areas of Special Interest Dr. Fiorentino sees patients with complaints of all kinds, and has particular expertise in the treatment of people who have Lyme Disease, Autoimmune Disease (especially Multiple Sclerosis, Lupus, Crohn's disease, Ulcerative Colitis), Digestive Disorders, hormone

imbalances, environmental and food allergies and sensitivities. He also has extensive experience in the detoxification of heavy metals (especially mercury) using the Dr. Andy Cutler protocol. I'm not only here to treat you, but to guide you on your path to reclaiming your health and wellness. I take your health condition very seriously, and I'm glad that you finally found your way here. I look forward to working with you. In Health, Dr. Salvatore Fiorentino Learn about the 3 Essential Principles to True Healing here. Read the latest from our Blog here."

c) from thecenterfornaturalhealth.com/about:

"about the center for natural health The Center for Natural Health The Center for Natural Health was founded in 2014 by Dr. Salvatore Fiorentino and is located at 163 Main Street in Westport, Connecticut. Inspired by his own health challenges—from chronic allergies and autoimmune issues (developed after a Hepatitis B vaccine) to My Story with Lyme Disease and Its Silver Lining and mercury toxicity—Dr. Fiorentino discovered healing through Naturopathic Medicine. His personal journey motivated him to share this powerful, time-tested approach with others.Dr. Fiorentino established The Center for Natural Health as a space where people could not only heal, but also learn. Over the years, he found that the people seeking his care weren't just looking for temporary relief—they wanted answers and long-term solutions. Most people really do want to understand why they are feeling so bad, and what they could do about it. That's the mission behind The Center for Natural Health: to empower individuals with knowledge, and to guide them toward lasting wellness. At The Center for Natural Health, we treat a wide range of health conditions, with a focus on, but not limited to, Lyme Disease, digestive disorders, autoimmune conditions, hormone imbalances, food and environmental sensitivities. But more importantly, we treat you as a whole person—not just a set of symptoms. Our care is rooted in traditional Naturopathic principles, which focus on identifying and removing the obstacles to healing (biological, environmental, emotional, and energetic), providing the body with the essential tools it needs (like proper nutrition, targeted supplementation, herbal medicine, physical medicine, etc.), and activating the body's natural healing abilities—what we call the "Vital Force"—through therapies such as homeopathy and hydrotherapy. We pride ourselves on the amount of time we spend with our patients. That's because we deeply care about them, which is why our doctor, as well as our staff members, listen closely to their concerns. We also tailor each treatment plan to the individual's specific needs. Our goal is to provide the most comprehensive and personalized care possible, and to be a trusted resource on your path to wellness."

d) from thecenterfornaturalhealth.com/naturopathic-medicine:

"Naturopathic Medicine What is Naturopathic Medicine? Naturopathic medicine emphasizes focusing on optimal health through preventative medicine. However, when acute or chronic disease occurs, traditional Naturopathic Physicians/Doctors focus on the treatment of the whole person, and not just their symptoms. Traditional Naturopathic Physicians/Doctors focus on finding the root cause(s) of disease. And, their treatments involve using natural modalities (see common treatment modalities below) to assist an individual's body in areas of need. The

overall goal is to support a person’s body in the heal process through the stimulation of one’s own natural healing abilities. Think of it this way, when you have a cut, your body will heal itself in most cases without you needing to focus on it. This is an automated process within our bodies. However, when chronic disease occurs, your body can no longer do this on its own. Instead, it establishes a new homeostasis, or new level of existence. This new level of existence is the symptoms of disease that one experiences. If the root cause of the symptoms isn’t corrected in a timely manner, one’s health usually becomes worse, while making it more difficult for them to recover. Now, when traditional Naturopathic Physicians/Doctors treat their patients, they emphasize not to suppress the symptoms of disease, such as when one is prescribed a drug or pharmaceutical, which in many cases only covers up symptoms of disease. Instead, they support one’s body through its own natural healing processes. Once again, keep in mind that suppressing the symptoms of disease often leads to the worsening of one’s health, and can give rise to more dangerous chronic diseased conditions. What is the cause of disease? There are many of them, but in general, they are toxins (physical, emotional, and spiritual), lack of proper nutrients, and suppression of disease. Identifying the obstacles (toxins) and feeding the body properly are great first steps towards healing. As for suppression (usually pharmaceutical related), this may take time to help relieve one’s body from its as the body starts to heal. Always remember, nothing is more powerful than our own body’s ability to heal itself. We just need to get out of its way (stop throwing obstacles at it), while feeding it the right fuels (foods, liquids, etc.), and of course keeping it physically fit. Now, in some cases, Naturopathic Physicians/Doctors do recognize that treating the symptoms of disease is necessary, such as when one has extreme high blood pressure (hypertension), or some other emergency related condition. Although, this can usually be accomplished initially through integrative medicine, which means through the use of both conventional, as well as Naturopathic medicine. However, the goal is eventually not to need pharmaceuticals. In my experience, that’s what most people really want. Naturopathic Physicians/Doctors base their practice on six principles: First, Do No Harm The Healing Power of Nature (or vis medicatrix naturae) Identify and Treat the Root Cause of Disease Treat the Whole Person Doctor as Teacher Prevention. What are some of the more common treatment modalities that Naturopathic Physicians use? Clinical Nutrition (Therapeutic dietary modifications) Botanical Medicine (Herbs) Homeopathy (energy medicines) Hydrotherapy (using water) Acupuncture Physical Medicine (manipulation) Lifestyle Counseling. Who may benefit from Naturopathic Medicine? Practically anyone can benefit from Naturopathic medicine. Remember, Naturopathic medicine emphasizes focusing on the whole person though their diet and their lifestyle, which can be applied to preventative medicine, as well as when chronic disease occurs. For this reason, it can be used to treat practically anyone no matter what condition they may have. Can I use both Naturopathic Medicine and Conventional Medicine together when needed? Usually, yes. Naturopathic Physicians/Doctors are licensed physicians, and will work together with you and your conventional doctors. Can I work with a Naturopathic Physician exclusively, without the use of conventional medicine? Sure, in many cases, but in some cases it depends on your specific health situation. However, oftentimes, you can achieve your health goals strictly through the use of

Naturopathic Medicine. To further understand Naturopathic Medicine, see my 3 Guiding Principles of Healing."

e) from thecenterfornaturalhealth.com/services:

"services "You must first eliminate the underlying cause of disease before true healing can begin." Dr. Fiorentino. We offer a variety of services, including, but not limited to, diagnostic specialty testing, safe and effective Naturopathic therapeutic treatments, and more. Naturopathic medicine is about treating the whole person, and not just the symptoms of disease. It's also about focusing on providing a comprehensive evaluation of one's overall health so that the root cause of the disease is addressed, which helps to prevent the worsening of one's current condition. And, of course, it's about providing preventative care. That's why we offer a variety of alternative, as well as conventional, assessment techniques to more effectively evaluate your overall health or condition. Additionally, we treat all kinds of health conditions. That's because, once again, we treat the whole person, not just the symptoms of disease. And, when one's body is functioning optimally, it has an innate ability to heal itself. However, we do have many people seek us out for our expertise in the treatments of the following: Lyme disease Autoimmune conditions Digestive disorders & health Hormone balancing: (Men & Women) See below for a list of the additional services that we provide. Naturopathic Diagnostics Comprehensive Medical History Assessment Assessing For The Root Cause Of Disease Pertinent Physical Examination Adrenal Function Testing Tongue & Nails Analysis pH Testing Urinalysis Naturopathic Therapeutics – Treatments Therapeutic Custom Dietary Plans Homeopathy Herbal Medicines Constitutional Hydrotherapy Lifestyle Counseling Auricular Acupuncture Naturopathic Physical Adjustment Dispensary / Natural Supplements Specialty & Conventional Labs Testing Food Sensitivities Testing (blood and bioenergy assessment) Advanced Screening for Lyme Disease & Co-infections Heavy Metal Toxicity Testing Comprehensive Thyroid Testing 4-Point Adrenal Function Testing Female and Male Hormones Testing Detailed Nutritional Evaluation Environmental Toxic Chemicals Testing Candida (fungus) and Mold testing Testing for Inflammation Essential Fatty Acids Testing Comprehensive Digestive Tract Testing Additional Services QEST4 (Bioenergy) Frequency Oscillator Sessions Heavy Metals Gentle Detox (especially of Mercury) Energy Healing Educational Naturopathic Empowerment Classes Featured Services Individualized Treatment Plans Customized Nutritional Plans Mind-Body Medicine Energy Optimization Immune Function Support Plans Hormone Balancing Athletic Performance Optimization Plans Anti-Aging Weight Loss Plans Autoimmunity Evaluation & Treatment Protocols Lyme Disease & Co-Infections Treatment Plans Vaccine Injury Evaluation & Treatment Protocols."

f) from thecenterfornaturalhealth.com/quiz/adrenal-fatigue-assessment-quiz:

"Adrenal Fatigue Questionnaire/Quiz. The following questionnaire/quiz is a tool for helping to assess the possibility of adrenal gland dysfunction. This questionnaire/quiz is not intended to replace the advice of your own Naturopathic Physician. And, it is not meant to replace laboratory testing, but to be used in conjunction with other assessment methods to better determine overall adrenal

function. At the end of the questionnaire you will be taken to a page that will display your results. Please check the answer that best matches your experience for each question. There are a total of 83 short questions (needed for a more accurate survey). 1. I get dizzy or see spots when standing up rapidly from a sitting or lying position. Pick from one of the choices below that best matches your answer to the question. Never Occasionally (1-4 times per month) Moderate in severity and occurs moderately frequently (1-4 times per week) Intense in severity and occurs frequently (more than 4 times per week) 2. I urinate more frequently than others and may need to get up at night. Pick from one of the choices below that best matches your answer to the question. Never Occasionally (1-4 times per month) Moderate in severity and occurs moderately frequently (1-4 times per week) Intense in severity and occurs frequently (more than 4 times per week)3. I feel as though I might faint or black out. Pick from one of the choices below that best matches your answer to the question. Never Occasionally (1-4 times per month) Moderate in severity and occurs moderately frequently (1-4 times per week) Intense in severity and occurs frequently (more than 4 times per week) […etc.] 83. My periods are irregular and/or affected by stress. ***This question applies to women only. If you are not a woman, check "Never" as an answer. *** Pick from one of the choices below that best matches your answer to the question. Never Occasionally (1-4 times per month) Moderate in severity and occurs moderately frequently (1-4 times per week) Intense in severity and occurs frequently (more than 4 times per week/.”

g) from thecenterfornaturalhealth.com/chronic-disease-the-real-cause:

“Chronic Disease – The Real Cause By Dr. Salvatore Fiorentino The Center for Natural Health - What we believe to be the real cause of chronic disease. Download Dr. Fiorentino’s Free 30-Day Guide to Optimizing Immune Function Get Your Free Guide A chronic disease doesn’t usually occur overnight. In almost all cases, it actually takes years to develop, whether we know it or not. How Almost All Disease Develops . The simple answer is TOXINS! Yes, toxins are the culprit, and in today’s world we are being exposed to them more and more on a daily basis. They can cause digestive disorders, hormones to become imbalanced, the heart to become damaged, the immune system to malfunction (multiple sclerosis, Hashimoto’s thyroiditis, etc.), and practically any other condition that you can think of. How Toxins Get Into Our Bodies Toxins enter into the body in a variety of ways. For example, a majority of our exposures to toxins comes from the food and liquids that we eat and drink (our diet). However, there are other ways to be exposed to them, such as through the air that we breathe, external skin exposures, and radiation. And, one that’s commonly overlooked, but is probably the most significant next to our diets, is our thoughts (attitude, mental/emotional stress, pre-existing beliefs, etc.). Examples of Some Common Physical Toxins: Pesticides Herbicides Fungicides Synthetic Fertilizers Food Dyes Food Sensitivities, as well as Allergies Destructive Thoughts From Certain Microbes (fungi/mold, etc.) Dairy Products (other than from humans) & Gluten Growth Hormones (injected in cattle) Genetically Modified Foods (GMO) Glyphosate (Ingredient in Roundup weed killer) Plastics (BPA and others) Toxic Levels of Heavy Metals (Mercury, Arsenic, etc.) Antibiotics, Vaccinations & other Pharmaceuticals Polychlorinated biphenyl (PCBs). Remember, these are only

examples of some of the most common toxins that many of us are exposed to on a daily basis. The General Effects of Toxins As I stated earlier, most of the toxins that we get exposed to come through our diets/guts/digestive tracts. They usually hide in our foods and liquids that we drink. Once they're inside, the body has numerous defenses to detox them. However, when we take in toxins faster than our bodies can remove them, they start to accumulate in certain tissues and cause damage to them. Over time, when this damage reaches a specific level (varies among individuals), disease develops. The damage that toxins tend to cause usually begins in the digestive tract, specifically the walls of the gut. This damage causes the microscopic spaces in the walls, which is the areas where all the nutrients from our foods and liquids enter the blood stream, to become slightly bigger. When this happens, certain substances (toxins, larger than normal food particles, microbes, etc.) can fit between these now slightly larger spaces and enter into the blood stream, which they normally would not. This issue will eventually lead to tissue damage within the body. We call this "Leaky Gut Syndrome." Take note, there are some toxins small enough to pass through the gut walls without this process (Leaky Gut Syndrome) occurring. Now, if the body can't filter out all of the toxins that you are taking in on a daily basis, these toxins will travel to areas of weakness (tissues) within it and start to slowly accumulate. I call this process "reaching your body's toxic load threshold." When the accumulation reaches the point where the tissue damage is so great that you start to develop symptoms, acute disease (tends to occur in days to weeks) has developed. If this issue isn't addressed quickly, chronic disease (months to years) develops. Some examples of chronic disease conditions are digestive disorders; cancer; heart disease; Alzheimer's; Parkinson's disease; ALS; autoimmunity (multiple sclerosis and others); hormone imbalances; weak muscles, tendons, and ligaments; skin conditions; and many others. You can even develop weight loss difficulty. Take note that areas of weakness are specific to each individual. These areas, when toxins aren't present, don't tend to cause you any issues. However, when they become damaged due to toxins, that's when disease develops. In addition, depending on the specific area(s) that are damaged, this will determine what specific symptoms (conditions) you develop. Do you now see why people develop different health issues? A Patient's Story One of my patients, Lisa (not her real name), came to me with all sorts of health concerns, including hormone imbalances, chronic skin issues, fatigue, brain fog, and other symptoms. The first thing I did was look for the toxins that were causing her health issue. After a thorough investigation, it turned out that Lisa had a number of food sensitivities that were affecting her body on many different levels. These food sensitivities were secondary to her taking a number of antibiotics over the years due to Lyme disease. The next thing I did with Lisa was to help adjust her diet by removing the specific food sensitivities that were the most troublesome. I then made sure that Lisa was getting the proper nutrients that she needed for her body to heal the damaged tissues that developed over the years. And, I performed a series of simple, but powerful, treatments in my office to help stimulate Lisa's body's natural ability to heal itself. This natural ability of her body had been suppressed for many years due to all the pharmaceutical medications that she was on prior to being treated by me. After about two weeks of time, Lisa called to tell me that she was feeling much better. She was so happy to tell me that her skin was starting to clear up, she was

starting to remember things better, and that her energy had significantly improved. Steps That I Took To Help Lisa Heal What I did was start Lisa on my 3 Essential Principles to True Healing program. See below for these steps. Find and remove the obstacles that are preventing the body from healing. Give the body what it needs to heal itself properly. Stimulate that body's natural ability to heal itself. Learn More. I will be discussing the 3 Essential Principles to True Healing from this point forward on a weekly basis. My goal is to empower the public, you, with the knowledge to help anyone and everyone to heal from virtually any chronic health condition, as well as to help prevent illness before it can become established in the body. Remember, knowledge is power, which means it empowers you to take responsibility for your own health. Much of what I talk about will be related to everything that you have read earlier in this post. However, I do talk about Lyme disease and its associated co-infections a lot, mostly because they are highly toxic to the body, and these toxins can affect pretty much any part of it. This means that these infections (Lyme and co-infections) can cause virtually any known disease, but that doesn't mean that these infections are the sole cause of all disease. Also, whatever I write about can be applied to almost all other health issues. If you need any additional information or assistance, feel free to get in touch by clicking on the Contact button below."

h) from thecenterfornaturalhealth.com/3-guiding-principles-of-healing:

"Essential Guiding Principles to Healing. Your body knows how to heal itself, although there comes a point when it has to overcome more obstacles than it can handle. This is the point when damage occurs and disease begins. Fortunately, there are 3 Guiding & Essential Principles to Healing that are very power in helping to undoing this damage. In almost all circumstances, the development of sickness is caused be a common association: TOXINS. By toxins, I'm referring to anything and everything, even the foods that you consume and the thoughts that you have. Over time, not addressing Toxins can put an overwhelming burden on your body, leading to a variety of health issues. In an ideal world, we all would avoid toxins like the plague, preventing disease before it ever had a chance to develop. However, we don't live in an ideal world, and we are exposed to toxins each and every day. 3 Essential Principles to Healing #1 Find and remove the obstacles that are preventing the body from healing. As stated earlier, we come across an excessive amount of toxins on a daily basis, especially in today's modern world. Our bodies are capable of handling only so much toxic burden. This means that your body can only remove so many toxins in a given day. If you take in more than your body can remove, then the toxins will deposit and accumulate in your body, especially in areas of weakness. An area of weakness refers to places where your body has the most difficulty filtering them out. If allowed to continually accumulate in these areas, disease will follow. Everyone's body is different, so their areas of weakness will be different as well, which is why different people present with different symptoms and diseased conditions. To heal, we need to stop taking in toxins, at least no more than our bodies can handle. Then, the body can focus on removing the ones that are already present. The most important message here to remember is that we must remove the ROOT cause (toxins) of disease before true healing can

begin. #2 Give Your Body what it needs to heal. Diet plays a vital role in your overall health. That's why it's so important that we feed our bodies the right fuels (nutrients). However, everyone is different, and each person has their own specific needs. Additionally, what is considered nutritionally healthy for one person may not be healthy for the next. By this, I am referring to food allergies, as well as food sensitivities (they are not the same). This means that a food may possess a number of nutritional benefits, but also be harmful for those who are unfortunately sensitive and/or allergic to it. Nutrition is a very significant factor in both healing from disease, as well as in staying healthy. It fuels our bodies and also assist in repairing damage that's caused by toxins. #3 Stimulate Your Body's Natural ability to heal. Disease doesn't happen overnight. Most people ignore minor symptoms (warning signs) at first, without giving it much thought. However, if left unchecked, tissue damage begins to worsen, leading to a deeper entrenched state of sickness. When this happens, your body's natural defenses become depleted, allowing this damage to worsen. This means that your body's natural abilities, such as your immune function, detoxifying function, and basically its ability to push your body towards homeostasis or balance, becomes dysfunctional or weakened. Furthermore, many people have taken at least one pharmaceutical medication in their lives, but there are many that take them on a daily basis. Most of these medications are designed to suppress symptoms, and not treat the root cause of their health issues. The simple truth is that suppression embeds toxins further into your body making it increasingly more difficult to rid itself of them. In addition, many times the medications themselves are toxic to your body. This means that even taking a medication once, such as an antipyretic (to lower a fever), can cause suppression. This can lead to tissue damage and then the development of disease, sometimes years later. If your body is left in a weakened state long enough, even if you give your body what it needs (essential principle #2), it still may not have the ability to recover, at least not without help. Fortunately, there are ways to stimulate its ability to bring itself back into balance. These 3 Essential Principles can be applied to practically any health condition. The above three principles are the most natural, safe, and efficient ways to heal. They are especially effective in helping to heal deep-rooted chronic conditions, such as chronic Lyme disease, autoimmune conditions and practically any other chronic condition. Remember, when your body becomes imbalanced due to toxins overload, disease will follow. Of course, it's best to prevent the accumulation of toxins from ever happening, but in the circumstance that it does occur, they must be removed for healing to begin. Without following these steps, all other therapies usually will not work efficiently to restore true lasting health."

085. ND Daglis Pages at naturopathct.com

a) from naturopathct.com/naturopath-farmington-ct:

“Sarah Daglis, ND, MS. Welcome! I’m Sarah Daglis, a licensed Naturopathic Doctor based in Connecticut. My professional journey has been diverse, encompassing patient care, research and development, nutraceutical consulting, and medical writing & editing. At the forefront of scientific inquiry, I thrive as a researcher and writer, driven by a dedication to continuous learning and educating others on the evidence supporting integrative medicine and clinical nutrition in disease prevention and management. Biomedical and clinical research are critical in advancing our knowledge and strengthening the evidence base for naturopathic methods. While holistic medicine embraces a comprehensive approach to wellness, I am particularly drawn to cardiometabolic and digestive health. I aim to translate high-quality research findings into clear, accessible insights for diverse audiences, highlighting the impact of alternative medicine in restoring balance and promoting optimal wellness. My innate love for animals and enduring attraction to the mountains fuel my spirit, bringing me immense joy, peace, and fulfillment. Education and Certifications: Doctorate | Naturopathic Medicine | University of Bridgeport, CT Summa cum laude | Academic Excellence Award Recipient Master of Science | Human Nutrition | University of Bridgeport, CT Summa cum laude Bachelor of Science | Biology | Plymouth State University, NH. Cum laude Master’s Certificate | Data Science | Central Connecticut State University, CT In progress. High-Velocity Low-Amplitude Thrust Manipulation of the Cervical, Thoracic, Lumbar & Sacroiliac Joints (SMT-1) | American Academy of Manipulative Therapy Craniosacral Therapy: Assessment of Central Nervous System and Fascia (CST-1) | Upledger Institute Good Clinical Practice | NIDA Clinical Trials Network.”

b) from naturopathct.com:

“Naturally better health. Integrative Medicine Research & Education. How can naturopathic medicine help to improve your overall health? Naturopathic doctors invest time into understanding each patient as a unique individual, delving into their medical and family history, alongside social, emotional, habitual, and spiritual factors. Through comprehensive assessment, practitioners craft personalized plans that target areas requiring change or enhancement, fostering an environment where wellness can thrive. Meet Sarah Daglis, ND, MS. Avid researcher & writer, dedicated to the pursuit of knowledge and lifelong learning. Meet Dr. Daglis. 6 naturopathic principles Naturopathic doctors adhere to six fundamental naturopathic principles, a set of values applied to each case in medical practice: First, do no harm primum non nocere. This involves employing minimally invasive, low-toxicity therapies, only progressing to more aggressive treatments when necessary. The benefits of advancing must outweigh the detriment. Additionally, referrals are recommended when the patient’s condition falls beyond the practitioner’s expertise or scope of practice. The healing power of nature vis medicatrix naturae. The concept that as beings of nature, the human body inherently harbors the capacity to self-heal. When provided with optimal conditions, proper nourishment, and the necessary support for compromised systems, these

innate healing mechanisms can be stimulated and nurtured. Identify and treat the cause tolle causam. The primary objective of the naturopathic approach is to remove obstacles to cure and support affected pathways to regain optimal function, although conventional methods and symptom management may be necessary at times. Doctor as teacher Docere. Understanding one's unique condition and the fundamental components of a healthy lifestyle is paramount. Through thorough explanations and patient education, individuals can gain insight into their health status and learn how to implement strategies for achieving and maintaining wellness. Treat the whole person tolle totum. The human body is a highly sophisticated and interconnected system. Rather than addressing isolated symptoms, which are mere expressions of underlying issues, it is critical to examine the body as a unified whole where all systems interact. Each person is unique in their physical, mental, emotional, spiritual, and genetic makeup, influenced by diverse environmental and social factors. Thus, a personalized approach with a comprehensive evaluation is essential. Prevention Praevenic. Maintaining the core principles of health in our everyday lives lays the groundwork for preventing disease. Prioritizing hydration, adequate nutrition, physical activity, and quality sleep are essential elements. It is also important to take into account individual predispositions when following these practices."

c) from naturopathct.com/naturopathic-medicine-farmington-ct:

"What is naturopathic medicine? Naturopathic medicine is a healthcare system that utilizes holistic treatment modalities based both on traditional therapeutic methods as well as modern medical science to stimulate the innate healing mechanisms of the body. By identifying and addressing imbalances at their root, the healing wisdom of nature may be redirected and revitalized, thereby restoring and sustaining health and preventing disease."

d) from naturopathct.com/naturopathic-services-farmington-ct:

"Healing Modalities. Naturopathic Medicine. Naturopathic medicine is a healthcare system that utilizes holistic treatment modalities based both on traditional therapeutic methods as well as modern medical science to stimulate the innate healing mechanisms of the body. Such modalities are explained in further detail below. Utilized traditionally for thousands of years in cultures across the world, medicinal plants and their derivatives are effectively implemented in the treatment of acute and chronic conditions and in supporting overall wellness. Many conventional pharmaceutical drugs are derived from plants. Naturopathic physicians are trained to safely use botanical medicines both in combination with other botanicals as well as in conjunction with prescription drugs. Perhaps the single most important facet of health, nutrition is the foundation of optimum vitality. How and with what we choose to nourish ourselves directly relates to the way that we feel. Nutritional needs are assessed based on family and medical history, lifestyle factors, and laboratory testing. Specific therapeutic diets, vitamins, minerals, or other support may be prescribed to assist in achieving favorable nutritional status. Simply defined, hydrotherapy is the application of water in any form to assist in the treatment of disease or health maintenance. The water form, temperature,

duration, and frequency of treatment are all patient-dependent. Forms of hydrotherapy may include ice, heat, alternation of cold and hot, neutral baths, compresses, steam, infrared saunas, and more. Living a balanced life has profound impacts on wellness, happiness, and longevity. Many factors are involved in maintaining this balance, including nutrition, hydration, regular movement or exercise, proper sleep and rest, cleanly home and work environments, avoidance of detrimental substances, and stress management. All of these influences may be specifically tailored to the individual to ensure achievability and therefore success in leading a life of improved wellness. Stress, poor thought patterns, or negative attitudes can contribute both to disease processes as well as prevent healing from disease. Improving these mental-emotional dynamics can have powerful effects on our physical state of health. Mind-body and stress management techniques can improve coping mechanisms, control the unfavorable physiological effects of chronic stress, enhance mood, and lead to a greater sense of wellbeing. Some such practices include breathing techniques, meditation, counseling, body movement, self-expression, and affirmations. Physical medicine encompasses an array of manual methods employed in naturopathic clinical practice. These may include soft tissue techniques, joint mobilization, manipulation techniques, hydrotherapy, and electrotherapy, to name a few. Once the specific needs of the individual are assessed by the physician, the appropriate modalities will be employed to correct imbalances in structural integrity, improve mobility, and enhance neurological, circulatory, or biomechanical functions. Educational topics: Common colds & immune support Seasonal allergies Digestive disturbances & food sensitivities Cardiovascular disease High blood pressure Diabetes and blood sugar imbalances Autoimmune disease Anxiety Weight control and nutritional imbalances. ”

e) from naturopathct.com/modern-medicine-a-paradigm-shift:

“Modern Medicine: A Paradigm Shift. Conventional medicine, although it most certainly has its place, is focused largely on symptom suppression with indefinite treatment timelines and heavy side effect profiles. This industry, driven largely by Big Pharma, is in need of a paradigm shift. Naturopathy emphasizes a model of wellness medicine, which encompasses prevention as well as a focus on root-cause identification and treatment. I have seen a number of type II diabetic patients wearing an expression of shock upon their faces when I mention sugar and carbohydrate overconsumption as the driver of their condition. Why is nutrition not addressed when the hemoglobin A1c lab value enters the “pre-diabetic” zone of 5.7-6.4%? Why are the metformin drug and other glucose-lowering agents their irrefutable destiny? Unfortunately, a discussion of nutrition is often overlooked. For some folks, lifelong medication is a suitable method while for others, it is utterly unacceptable. For those who desire true change, naturopathic medicine focuses on making necessary lifestyle modifications to improve overall wellbeing. In some cases, pharmaceuticals are unavoidable and necessary. This is not to say that improvements cannot be made by optimizing lifestyle choices to keep inflammation at bay, replenish depleted nutrients, and feel as well as possible. I am a firm believer in collaborative care. No matter what the condition, or lack thereof, my approach prioritizes the fundamentals of health: 1. Are you eating nourishing,

nutrient-dense foods? 2. Are you drinking enough water? 3. Are you getting proper sleep? 4. Are you moving your body regularly? These four basic points are essential to wellness. Whether you are suffering from chronic disease or simply seeking improved health, these are the initial questions that must be addressed. No matter what the obstacle to cure, there are always avenues to improve our current state of health. It would benefit insurance companies to cover the services of more naturopathic doctors, not only due to the increasing desire for this type of care, but also because the wellness model strives for healing. Ideally, therefore, over time, this would necessitate fewer office visits and decrease overall economic burden. On the contrary, the current sickness model disregards prevention and emphasizes polypharmacy, which maintains the need for frequent care and lacks truly remedial measures. Further, the often contradictory nature of polypharmacy yields many unwanted and frustrating side effects. It is evident that, although conventional allopathic medicine holds immense value in various realms, it has proven ineffective in others. Many disease processes may be improved or even reversed with lifestyle modification. The value in understanding our bodies and retaining the freedom to make informed decisions regarding the path on which we embark in managing our own health is paramount."

f) from naturemed.org/team/sarah-daglis-nd-ms/:

"Sarah Daglis, ND, MS. Naturopathic Doctor. Sarah Daglis, ND, MS, is a naturopathic doctor, medical writer, and avid researcher. Driven by a vibrant enthusiasm for natural medicine, she is dedicated to educating others about the scientific evidence that supports the efficacy of alternative therapies and clinical nutrition in disease prevention and treatment. Rooted in a holistic approach to wellness, Dr. Daglis's focus lies in the realms of cardiometabolic and digestive health. Experience Highlights Naturopathic Medicine Clinical Nutrition Medical Writing Literature Review Research & Development Wellness Consulting & Product Education Dietary Supplements. Education Highlights Doctor of Naturopathic Medicine – University of Bridgeport, CT Master of Science, Human Nutrition – University of Bridgeport, CT Bachelor of Science, Biology – Plymouth State University, NH "The feeling of respect for all species will help us recognize the noblest nature in ourselves." – Thich Nhat Hanh."

086. ND Zambarano Pages at nautilusintegrative.com

a) from nautilusintegrative.com/about:

"REDEFINING HEALTHCARE EMPOWERING YOU to MAKE INFORMED HEALTHCARE DECISIONS In today's world, traditional medicine is not working. Many providers are faced with overwhelming workloads, limited by the ever-tightening restrictions of corporate healthcare and insurance regulations. Patients are often left feeling unheard and invalidated. At Nautilus Integrative, we are taking medicine back by changing the way deliver care. I take the time to learn each patient's story, to listen, and to look for the underlying cause of symptoms. As a naturopathic doctor and nurse practitioner, I offer a unique blend of traditional healing wisdom and modern medical science. My personalized approach focuses on treating you as a whole person, not simply addressing symptoms. At Nautilus Integrative Medicine, I

provide comprehensive care for those dealing with chronic illness, seeking to enhance their overall well-being, or looking for preventative solutions. My approach emphasizes a blend of nutritional support, natural therapies, lifestyle changes, and traditional medical treatments. Prescription medications are also available when appropriate to ensure the most effective care. By addressing the root causes of illness and promoting optimal health, I empower you to take control of your health and achieve lasting, sustainable wellness. I have been a nurse since 1998, with experience in diverse fields such as neurology, obstetrics, hospice, and emergency medicine. Some of the most inspiring moments of my career came from my volunteer work at The Hole in The Wall Gang Camp and on the schooner Harvey Gamage with Barefoot Workshops, where I also served as a nurse. These experiences taught me to view medicine holistically, considering the entire life and spirit of the patient. Over time, I realized that true healing goes beyond prescription drugs and medical devices. It involves laughter, quality moments, understanding the body's wisdom, providing nutrients and safe environments, removing obstacles to healing, utilizing the planet's gifts, and embracing each person's individuality and strengths. I graduated as a Naturopathic Physician in 2011 and started Bodhi Naturopathic. I have worked as adjunct clinical faculty at the University of Bridgeport in the Naturopathic program, and enjoyed the teaching experience immensely. In the spring of 2021, I completed a Master of Science in Nursing and became certified as a Family Nurse Practitioner. As a Naturopathic Doctor and Nurse Practitioner, I enjoy using all of the gorgeous tools that medicine offers to help people achieve wellness, as well as the awe that I consistently experience in the process. Bodhi Naturopathic has evolved to Nautilus Integrative Medicine, and I am excited to provide great care in our beautiful new location. When not at the office, I enjoy gardening, exercising, amateur-ish home renovation, putting my feet in the sand at the beach, and spending many wonderful moments with my friends and family. 01 Diet and Lifestyle Counseling Dr. Zambarano works with each patient to develop an individualized nutrition plan to encourage optimal metabolism, digestion, and health. We look for sensitivities, allergies, and digestive issues that impact the way your body uses the food you eat. Sleep, stress, exercise, emotional health, and social support are also addressed. 02 Laboratory Testing Both traditional and specialty lab testing are used to obtain a comprehensive picture of a person's wellness. These tests allow in-depth evaluation of health and nutritional status, and provide the opportunity to create a truly individualized treatment plan. 03 Supplements and Medications We use professional-grade, high quality vitamins, minerals, and herbal supplements to correct nutritional deficiencies and optimize the body's function at a cellular level. Patients are provided with an online dispensary link to order their recommended nutritional supplements. When needed, prescription medication can also be provided as part of the healthcare plan. "The practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches..."~ Consortium of Academic Health Centers for Integrative Medicine.”

b) from nautilusintegrative.com/faq-billing:

“What is Integrative Medicine? Integrative medicine combines the testing, interview and treatment techniques of both Naturopathic and Western medicine. It encompasses the philosophy of not only treating illness, but exploring and addressing the underlying causes of disease while respecting the uniqueness of each patient. I combine the knowledge and skill I have gained from many years of nursing with the holistic philosophy of Naturopathic Medicine to provide truly comprehensive, holistic and integrative care for my patients. Maintaining health is a journey that is lifelong. I enjoy learning about the unique lives and experiences of each of my patients, and believe that a great health care is based on a long-term relationship built on mutual respect, trust, and collaboration. Serving patients 18+ What Should I Expect at My Visits? First office visits last approximately one hour and include an extensive, in-depth interview, preliminary lab orders, an initial individualized protocol, and focused physical exam when needed. Intake forms are to be completed in the portal prior to your first visit so that we can be best ready to address your most important health concerns. Follow up visits are approximately 30-40 minutes in length and include discussion of lab results and a further refined individualized protocol. Once a protocol has been initiated, periodic follow-up visits are scheduled to allow us to re-evaluate your needs and to monitor progress. Referrals to collaborating providers or specialists are also made if required. Acute care visits are available for established patients only and are available as our schedule allows. Virtual visits are available for patients throughout the state of Connecticut. What Conditions Do You Treat? In holistic medicine, we don't treat conditions, we treat people. We are happy to help with any health challenges and illness that our patients may be experiencing. Common treatment areas include women's health, hormonal concerns, perimenopausal and menopausal support, stress support, thyroid disorders, healthy weight management, auto-immune disease support, and treatment of endocrine and metabolic disturbances. Depending upon the needs and preferences of the patient, treatment modalities can include nutritional counseling, nutrient and herbal supplementation, prescription medications, lifestyle interventions, and coordination of care through imaging and referrals. Our office is a safe space for the LGBTQIA community. We are happy to provide ALL patients with the best comprehensive integrative care possible. As a nurse practitioner and naturopathic doctor, my primary focus is Integrative Medicine, providing an advanced holistic approach to your health. While many of our patients do choose to see us as their only healthcare providers, we do encourage patients to have a traditional primary care provider for routine exams and screenings. We do not provide primary care. Insurance, Billing, & One-Time Administrative Fee *Please Note: As of July 15, 2025, we will be leaving Aetna network will be out-of-network with all insurance companies at that time. In order to provide you with longer visit times, more comprehensive treatments and personalized care, we participate only with the health plans that support this type of care. We are currently in-network with most Aetna insurance plans. For all other health care plans, we are considered out-of-network. We are committed to transparency in our billing and fees, and the fees for our services are listed on the buttons below. For patients with health care coverage for whom we are considered out-of-network, payment is due at the time of service. We understand that navigating insurance benefits can sometimes be complex, especially when seeking

medical care from out-of-network providers. Our office is committed to assisting you in receiving the possible reimbursement you may be eligible for through your insurance company's out-of-network benefits. If you are unsure of your out-of-network benefits, we are happy to help in getting an explanation of these benefits whenever possible. Once service is completed and payment is received, we will submit your paid invoice and necessary billing information to your insurance company in order to simplify the process for you. Please be aware that reimbursement amounts vary based on your insurance policy, services received, and your specific plan's out-of-network benefits. While we are happy to assist you in the process, and decisions regarding reimbursement are ultimately made by your insurance company. For all patients, we require that a card of your choice be kept on file to be used for deductibles, copays, and non-covered services. HSA/FSA cards may be used to pay for visit costs, copays, and deductibles. All payments are made through a secure, HIPAA-compliant patient portal. Payments due will be billed to the card on file. We are unable to offer payment plans. We are considered "opted out" of Medicare and "prescribing and ordering providers" with Medicare & Tricare. While those policies do not cover visit fees, we are able to order labs, testing, and medication for patients with those insurances. Secondary policies for Medicare will vary in their coverage for visits. If you have questions about their coverage, please contact your insurance provider directly for more information. Medicare will not cover our services and patients are not permitted to submit their visits to Medicare for any reimbursement. Patients with Medicare will be billed according to the fee schedules listed below. Please note that there is a $85 one-time administrative fee for all patients scheduling their first visits. This fee is non-refundable should you cancel your visit. The administrative fee allows us to prepare for your visit, verify insurance coverage, and ensure your information is processed and correct within our electronic health records system. Billing will be completed through the secure patient portal at the time your appointment is made. For billing purposes, we have attached our pricing and fee schedule for 2023 and the fee schedule effective 8/1/24. Please see the updated fee schedule if making an appointment for after Jan 1, 2026. Please see the links below: 2024 Service Pricing 2026 Service Pricing Due to the longer times scheduled for our visits and the amount of time required to prepare for your visit, we do have a 48-hour cancellation policy. To prevent being charged for the entire cost of your visit, please allow us the courtesy of 48 hours notice of a change in your appointment. Should you feel unwell, we are happy to change your appointment to telehealth. Do you still have additional questions? Please feel free to contact us. We are happy to help!”

c) from nautilusintegrative.com/home:

“NAUTILUS INTEGRATIVE MEDICINE Providing health care for patients 18 years or older in our beautiful Niantic, CT office and by telehealth for patients within the state of Connecticut Reclaiming health care by delivering you personalized, integrative and holistic functional medicine We are transforming healthcare by delivering high-quality holistic and functional medicine in a safe, non-judgmental space. We take the time to listen and understand each patient, creating personalized plans designed to help you thrive. By prioritizing your unique needs

and fostering an environment of compassion, collaboration, and respect, we ensure that you receive comprehensive care that addresses both your physical and emotional well-being. We aim to reclaim medicine by delivering truly personalized and integrative care. Our goal is to help you feel your absolute best and THRIVE. Schedule Your Appointment WELCOME MEET DR. SARAH ZAMBARANO Welcome to Nautilus Integrative Medicine where we are redefining healthcare. Using an approach that seamlessly blends the wisdom of both conventional and naturopathic medicine, we are delivering truly integrative medical care. Here you are treated like the unique individual that you are, being sure that you are getting care that is tailored to your goals and needs. Dr. Sarah Zambarano has worked for over 25 years in the medical profession and has been trained extensively in both conventional medicine and the world of holistic medicine. She holds a distinctive combination of degrees as a both a Nurse Practitioner and Naturopathic Doctor. This diverse background and expertise sets her apart, making her truly unique in the field of Integrative Medicine. Read More A PROACTIVE AND COLLABORATIVE PARTNERSHIP Our Approach We believe that the relationship between a patient and provider is based on mutual respect, collaborative decision-making, and teamwork to help you achieve your optimal health. Our approach empowers you to make informed decisions about your health. Whether you prefer conventional treatments, natural remedies, or a combination of both, we work closely with you to develop a care plan that aligns with your goals and values. Your health is a partnership, and we are here to support you every step of the way. TREATMENT MODALITIES We are happy to help with any health challenges and illness that our patients may be experiencing. Common treatment areas include women's health, hormonal concerns, stress support, thyroid disorders, healthy weight management, auto-immune disease support, and treatment of endocrine and metabolic disturbances. Depending upon the needs and preferences of the patient, treatment modalities can include nutritional counseling, nutrient and herbal supplementation, prescription medications, bio-identical hormone treatment, lifestyle interventions, and coordination of care through imaging and referrals. Diet and Lifestyle Counseling Diet and nutrition are the cornerstones of health. Dr. Zambarano works with each patient to develop an individualized nutrition plan to encourage optimal metabolism, digestion, and health. We look for sensitivities, allergies, and digestive issues that impact the way your body uses the food you eat. For patients who need more guidance, we offer resources for menu planning and dietary counseling. For patients who prefer prepared meals, we offer resources for healthy, pre-made meal services that fit everyone's unique preferences. Lifestyle factors, such as sleep, stress, exercise, emotional health, and social support are also addressed. Functional and Traditional Laboratory Testing Both traditional and specialty lab testing are used to obtain a comprehensive picture of a person's wellness. These tests allow in-depth evaluation of health and nutritional status, and provide the opportunity to create a truly individualized treatment plan. We've recently added testing such as continuous glucose monitoring and hormone tracking technology to our practice to provide even more precision in diagnosis and treatment. Vitamins, Herbal Supplements, and Medications We use professional-grade, high quality vitamins, minerals, and herbal supplements to correct nutritional deficiencies and optimize the body's function at a cellular level. Patients are provided with an online

dispensary link to order their recommended nutritional supplements. When needed, prescription medication can also be provided as part of the healthcare plan."

d) from nautilusintegrative.com/patient-resources:

"PATIENT RESOURCES and FORMS FullScript Supplements Patients will receive an invitation to our online dispensary at their first office visit. A copy of your recommended supplement protocol will be included. FullScript Access Patient Portal and App Upon making an appointment with our office, patients are invited to join the Charm Health Patient Portal. The portal allows the patient to send secure emails, have access to completed labs, and see instructions and recommendations from their visits. We ask that all patients use this portal to allow for a more efficient health care process. Charm mPHR apps are available on Apple and Google app stores. Charm Portal Affiliate Discounts Meals you love, without the cooking! Feast & Fettle discount, 50% off your first week with code _CTBODHINATUROPATHICXX A quick note: While this is a commissionable link, we only recommend products and companies that we believe can genuinely benefit our patients and subscribers, and who meet our high standards for quality and integrity. Join Feast and Fettle Accessibility Statement for Nautilus Integrative Medicine: This is an accessibility statement from Nautilus Integrative Medicine. Conformance status: The Web Content Accessibility Guidelines (WCAG) defines requirements for designers and developers to improve accessibility for people with disabilities. It defines three levels of conformance: Level A, Level AA, and Level AAA. Nautilus Integrative Medicine is partially conformant with WCAG 2.1 level AA. Partially conformant means that some parts of the content do not fully conform to the accessibility standard. Feedback: We welcome your feedback on the accessibility of Nautilus Integrative Medicine and are currently working to improve accessibility. Please let us know if you encounter accessibility barriers on Nautilus Integrative Medicine. Phone: 8604519650 E-mail: officemanagement@bodhinaturopathic.com Postal Address: 377 Main Street, Unit 102, Niantic, CT 06357 We try to respond to feedback within 2-3 business days. Limitations and alternatives: Despite our best efforts to ensure accessibility of Nautilus Integrative Medicine , there may be some limitations. Please contact us if you observe an issue not listed below. We monitor user comments and attempt to correct issues within 7 business days. Please contact us at the email or phone numbers noted if you encounter an issue. Assessment approach: Nautilus Integrative Medicine assessed the accessibility of Nautilus Integrative Medicine by the following approaches: Self-evaluation. This statement was created on May 5, 2024 using the W3C Accessibility Statement Generator Tool."

e) from nautilusintegrative.com/blog/why-i-stepped-out-of-the-hospital-amp-into-integrative-medicine:

"Why I Stepped Out of The Hospital & Into Integrative Medicine If we have the occasion to sit together in my office, you'll notice that behind my desk hang several frames holding diplomas and certificates. They're usually a little crooked, through no fault of my own – I straighten them regularly, but the health food store with whom we share a wall has really heavy refrigerator doors. Each time the doors

close, they shake my frames from their perfect arrangement to something more chaotic. I often catch patients staring at the frames. I wonder if it's because they're trying to read the print on the papers inside, or if they're secretly straightening them in their heads. It is quite an unusual array of credentials. Beside the certificates and diplomas for a masters in nursing with a focus in family health, there is my diploma from naturopathic medical school. Patients often ask me how I went from being a nurse to being a naturopath, and circled back to nursing again. Without going too far down the rabbit hole, I'll tell you. I realized early in my nursing career that while medication, machines, and acute care are absolutely vital when they're needed, there was so much missing from healthcare. Nursing is, at its core, intended to be a very holistic profession. Nurses are meant to be advocates and teachers, as well as caregivers. Unfortunately, the whole-person approach to the patient often falls by the wayside when delivering care within the constraints of the current medical system. I had the opportunity to take some alternative healing classes throughout my RN days, and felt drawn back to that foundation of holistic care. Somehow, I stumbled upon a description of naturopathic medicine and felt it resonated with how I wanted to practice. How it all happened is a blur, but I found myself in school to be an ND, committing four-plus years to a completely different profession. I devoured the lessons on herbal medicine, mind-body connections, nutritional therapeutics, physical manipulation, and whole-person health. I am still waiting to figure out where that physics lab pre-requisite becomes relevant...however, moving along...Once in practice as an ND, I really enjoyed the time I had to connect with my patients. I was able to learn about their lives and could create a plan of care that used all of the gorgeous therapies I learned in naturopathic school. I continued to read the medical journals, and learned about new treatments and medications that were being developed. I still felt connected to that world as well. I often felt that my patients could benefit from therapies using both models of care. So when the pandemic sent me home to be still and think about life for a while, I decided to do what I swore (many times) that I would never do again: I signed up for another graduate degree. What appears, on the outside, so very different between the two professions is, on the inside, very much the same. Once again, I found myself in classes discussing the underpinnings of nursing care - the holistic ways of seeing the patient and addressing their health challenges. I spent many, many days with excellent preceptors who understood the value of this paradigm and modeled it in their care as integrative medicine. Nursing, naturopathic and integrative medicine - all putting the focus on the individual and their unique needs. I find integrative medicine to be incredibly exciting with its wide variety of treatment options. As I tell my patients, sometimes we need the hammer, and sometimes we need the laser-guided sliding miter compound saw (home improvement was another thing that I expanded on during the pandemic). I now have many more therapeutic "tools in the toolbox" at my disposal, with a variety of treatment options to help each unique, individual patient. I continue to be in awe at both the art and science of this medicine. So, should we find ourselves sitting across the desk from each other in my office, please forgive the crooked frames. In all of my education, I never did figure out what to do about the banging of refrigerator doors. I will, however, use each and every one of the experiences represented in those frames to help you feel your very best.”

f) from nautilusintegrative.com/blog/why-i-quit-coffee:

“Why I Quit Coffee. Now don't get me wrong. I didn't say I quit caffeine. That would be inappropriate for the life that I have right now - waking up before the sun and not, by any means, a morning person. I also have a brain that focuses much better with a small amount of caffeine – it's the difference between standing in the middle of the room, looking around wondering what I'm supposed be doing, and actually getting a task done. So, at this point in my life, a little bit of caffeine is not something I'm willing to give up quite yet and don't feel I need to. When I started my nursing career, I worked night shift in a hospital for nearly 7 years. Each shift started with someone making sure there was a full pot of coffee ready to go. Coffee was everywhere - and I drank A LOT of it. We are talking nearly a full pot each day (or night). I became a connoisseur of great coffee. I grounded my own organic specialty beans, I had preferred brew times, and used percolators and fancy machines to make these magical drinks. I actually became a real snob about "good coffee". But at some point, I realized it was no longer serving me to have the highs and lows of energy that the coffee brought. I also noticed a lot of gastrointestinal effects from the coffee. I tried switching out the milk for oat milk instead, got rid of the extra sugar, but still couldn't tolerate the sour stomach and cramping that I would get from the coffee. And then there was my sleep. To say that it was bad is an understatement. Caffeine works by blocking the sleep receptors in our brains, and for some people it can interfere with sleep for many hours after the last drink, depending on their body's ability to metabolize the caffeine. I grew up watching my older relatives have a cup of coffee after dinner, and thought I could do the same thing. But, I'm one of those people that's a slow metabolizer. So with any caffeine source, my cut-off time is pretty early in the day if I don't want to interfere with my sleep. I knew it was time to step back on the coffee, but wasn't ready to give up caffeine altogether. I decided to make the switch to teas after finding some of the coffee alternatives less-than-palatable (a lot of people tell me it's an acquired taste, but I'm not sure how long you have to drink it to "acquire" - certainly longer than I was willing to try). Much like food can be medicine, the same goes for what we drink. Teas can contain bioactive compounds other than caffeine, such as theanine, which has a calming effect for many people. Depending upon the type of tea, it can also contain quite a hefty dose of antioxidants. Some even have effects of decreasing blood sugar and cardiovascular inflammation. I finally settled on a daily routine of yerba maté. I don't make it in the traditional way, but it gives me a solid dose of caffeine each morning, with the added benefits of antioxidants, fatty acids, some vitamins, and anti-glycemic effects. What's been the benefit of the switch? I take in a lot fewer calories with tea versus my fancy coffee drinks. Gastrointestinal side effects have stopped. I tend to sip the tea a lot slower, so I don't have the huge caffeine crashes. I also stop drinking my tea early in the day so the caffeine doesn't run into my sleep time. On the rare occasion that I do drink coffee now, I notice a lot more irritability, jitteriness, and even muscle tension that I don't have when I drink tea. It's taken a long time to find the sweet spot of caffeine intake and an alternative to coffee for myself that feels healthy and acceptable. I've focused on helping my concentration and energy with herbs and nutritional support rather than just the rocket fuel that is caffeine. There are incredible herbs, mushrooms, and

vitamins for people that can greatly help energy levels throughout the day in a way that sustainable. I tell my patients that I don't take coffee away from people, but if we can support energy levels in other ways, then their coffee intake will naturally decrease. They can eventually switch out to a less aggressive form of caffeine if they want. Each person has their own preferences and tastes, so I'm not one to decide for someone what they should or shouldn't drink. However, I can point people in the right direction, so that their energy, concentration, and mood for the day is not hanging on the next cup of coffee. Like a lot of things, coffee is neither good nor bad - it's a substance that happens to have an effect on our bodies. Same goes for caffeine in general. It's how we use it (or abuse it) that matters. And as the line of cars wrapping around every coffee shop each morning inches forward, it's nice to know that we have other options to get our day going and keep our energy levels up. “

087. ND Homkovics Pages at themoderndr.com

a) fromthemoderndr.com/about-dr-homkovics:

“Bio. Dr. Homkovics is passionate about healing. She takes the time to get to know her patients, and to identify and treat the underlying cause for any particular complaint. As a naturopathic physician, her specialty is endocrinology with a focus on women's health care. She identifies and addresses any underlying hormonal imbalances that might contribute to an array of ailments including irregular menstruation and painful menstruation, PMS, infertility, and menopause as well as the accompanying fatigue, migraines, insomnia, weight gain, acne, etc. She is an expert in thyroid, adrenal, and sex hormones health. However, she sees an array of patients with different needs. Her tools include diet and nutrition, natural HRT, nutritional supplements, botanical medicine, acupuncture, counseling, hydrotherapy, homeopathy and lifestyle changes. Dr. Homkovics received her Doctorate in Naturopathic Medicine from Southwest College of Naturopathic Medicine in Tempe, Arizona. Her goal is to integrate naturopathic medicine into every clinical setting. She has a degree in biology, and trained and worked as an EMT. Upon graduating with her biology degree, she demonstrated her passion by writing a 50-page paper on how naturopathic medicine can help treat almost any disease or imbalance seen in the clinical setting today. With this background, she is highly skilled in both conventional and alternative medicine and brings that experience to help you reach your health goals. Outside of work, Dr. Homkovics is a proud mother who enjoys living a holistic lifestyle and conducting research on the latest health trends. Her favorite activities are Bikram yoga, CrossFit, and hiking. She is proud to have completed the grueling 30-day Bikram yoga challenge. On Instagram she is known as “The Modern Doctor,” where she shares health tips and inspirational posts. Dr. Shannon Homkovics N.M.D. "The healthcare industry is worth billions of dollars in the United States, and yet there are virtually no cures for any diseases, only treatments that suppress symptoms. Author and Doctor Jay M. Hoffman puts it perfectly when he says, “There is no reason in the world why over 75 percent of the American people should be suffering from degenerative and deficiency diseases. Disease never comes without a cause. If a person is sick and ailing it is because he has been doing something wrong. He needs an education in

how to live a healthy life.” Knowing there are hundreds upon hundreds of known diseases today, a big question that needs to be addressed is, “why are people getting so sick in the first place?” Hundreds of years ago, the population was not suffering from heart disease, diabetes, autoimmune conditions, asthma, and so forth. Yet today millions of people in America alone suffer from these chronic conditions. Despite all the accomplishments the healthcare industry has made, health is declining rather than improving. A conventional doctor attributes diseases primarily to old age, genetics, and bad luck. It is now not uncommon for people to expect to get sick, especially as they age. In fact people see it as the normal process. The United States spends billions of dollars treating and studying disease, yet people expect to get sick. This seems strange. Something's not working! That is why we need an alternative, and naturopathic medicine is the solution." Book Consultation. Call today to book an appointment with board certified naturopathic doctor & integrative medicine expert, Dr. Shannon Homkovics, NMD.”

b) from themoderndr.com/:

“Become the healthiest, happiest, most confident version of yourself. Balance your hormones and achieve your health and weight loss goals with an individualized plan Book Appointment Learn More Get to the Root Cause I am determined to modernize the medical field taking an integrative approach to provide the highest quality patient care and education. My biggest goal is to address the physical, emotional, mental, and spiritual aspect of an individual. We will work with you to understand the problem at hand, and dig deeper to get to the root cause. Dr. Shannon Homkovics “I am passionate about healing. I take the time to get to know my patients, and to identify and treat the underlying cause for any particular complaint. As a naturopathic physician, my specialty is endocrinology with a focus on women's health care and weight loss. My goal in life is to show my patient’s there is another way to live. We are not meant to be depressed, achy, overweight, unmotivated and so forth. I want to help my client’s thrive and flourish at any age. I am dedicated to showing people there is a much better way to live! I want everyone to feel confident in their own skin. I previously owned Restoration Health, but recently decided to rebrand after 4 years of practicing.” Learn more What is Naturopathic Medicine? Naturopathic medicine is a way to treat the body using the least amount of pharmaceutical drugs. What is Integrative Medicine? Integrative medicine is a modern approach to which combines the best of conventional, complementary and alternative medicines together. What is Preventive Medicine? Preventative medicine includes regular counseling from medical professionals to enhance healthy behaviors. Services Award Winning Weight Loss Program Natural Hormone Replacement Therapy Nutritional Counseling Lifestyle & Preventive Medicines Acupuncture Mind-Body Medicine Food Sensitivity Testing Nutritional Supplements Plant Medicine Massage Therapy Trigger Point Therapy Detox Programs The Six Principles of Naturopathy First Do No Harm Identify & Treat The Cause The Healing Power Of Nature Doctor As Teacher Treat The Whole Person Prevention.”

c) fromthemoderndr.com/conditions-we-treat:

“Services As Naturopathic Doctors, we are determined to modernize the medical field taking an integrative approach to provide the highest quality patient care and education. We treat a variety of conditions from acute to chronic, and everything in between. We will work with you to understand the problem at hand, and dig deeper to get to the root cause. Below are some of the major conditions we treat in practice. Women's Health Gynecological Conditions Hormonal Imbalance Irregular Menstruation Infertility Menopause PCOS PMS Yeast Infections Cardiovascular Coronary Artery Disease Diabetes/Prediabetes Hypertension Peripheral Artery Disease Poor Circulation Varicose Veins Heart attack and stroke prevention Chronic Conditions Acne Allergies Asthma Fatigue Headaches / migrainespause Hepatitis Insomnia Lyme Disease Obesity Recurrent colds Sinus infections UTI's Gastrointestinal Bloating Celiac Disease Chron's Disease Constipation / Diarrhea Diverticulitis Gallstones GERD Heartburn IBS/IBD Liver Cirrhosis Nausea Stomach Ulcer's Ulcerative Colitis Autoimmune Conditions Dermatomyositis GB Syndrome Glomerulonephritis Grave's Disease Lupus MS Myasthenia gravis Polyarteritis nodosa Polymyositis Psoriasis Rheumatoid arthritis Scleroderma Glandular Health Addison's Disease Adrenal fatigue Cushing's Syndrome Hashimoto's Thyroiditis Hyperthyroidism Pituitary Tumor's Insomnia Mental Substance abuse-addiction Depression Generalized anxiety disorder Stress Bipolar ADHD OCD Autism Men's Health Benign Prostatic Hyperplasia Erectile Dysfunction Generalized anxiety disorder Infertility Hair loss Low Testosterone Prostatitis Neurological Alzheimer's and other forms of dementia Huntington's Disease Parkinson's Disease Multiple Sclerosis ALS Traumatic brain injury Pain Low Back Pain Arthritis of Knee, Hip, Neck, Back, Hand, Wrist and Other Neck Pain Extremity Pain including Shoulder, Elbow, Ankle/foot, Hand/wrist and Hip Pain Fibromyalgia Autoimmune Arthritis Other Musculoskeletal Pain-Headaches Irritable Bowel Syndrome and Other Functional Gastrointestinal Disorders Gastro-esophageal Reflux Inflammatory Bowel Diseases Carpel Tunnel Syndrome Neurological Pain Pelvic Pain including Fibroids, Interstitial Cystitis, Endometriosis, IBS, Hemorrhoid and Prostatitis and related pain Facial Pain including Temporomandibular Joint Disorders Carpel Tunnel Syndrome Neurological Pain Insomnia Overuse of Opioids And Other Medications Substance Abuse Other Forms of Acute, Subacute And Chronic Pain.”

d) from themoderndr.com/post/boost-fertility-naturally-:

“Boost Fertility Naturally Did you know that over 6 million people in the United States alone struggle with conceiving a child? Simply put, one in six couples are facing impaired fertility. An additional 4million couples have sought infertility services when trying to conceive. There are a number of reasons that may be contributing as to why a couple cannot become pregnant. Male or female factors may be involved, or a combination of both. Whatever the cause, infertility is a lonely, frustrating, and heart-wrenching journey for any couple going through it. Everyone deserves the chance to experience having a child of their own. Luckily, struggling with infertility is not the end all be all, and there is hope! First off, we need to define exactly what constitutes a woman as being infertile. Infertility means no conception after one year of intercourse in a woman less than 35 years of age, while not using any form of contraception. In women 35-40 years old, infertility is

defined as after 6 months of trying to conceive, and over 40, after 3 months of trying. These numbers can be daunting for many women who hope to one day become pregnant, or are currently trying without success. Whether you are currently trying to get pregnant, or plan on having children in the future, there are steps you can take now to work towards a more fertile state.The first step you ask? Making the proper dietary changes! Dietary changes are essential to not only conceiving a child, but to also maintaining a healthy pregnancy. Women have an increased chance of becoming pregnant without complications when they take the following steps. The first step is to increase the intake of daily fresh organic fruits and vegetables. Some of the best fresh fruits for fertility include grapes, berries, bananas, plums, figs, and apricots. Vegetables associated with fertility include yams, sweet potatoes, asparagus, zucchini, and eggplant. It is also essential to decrease the intake of animal protein in the forms of processed, non-organic, and hormonally loaded meats. Deli meats should also be avoided as much as possible. They are loaded with chemicals like nitrites! Next, we want to include the right kind of fats! Our body's fat cells are responsible for the production of estrogen. This is why being underweight can actually hinder your chances for becoming pregnant! At the same time, having too much body fat will also decrease your chances. We need to maintain a healthy weight, and produce the right amount of estrogen. To do this, we must increase our intake of monosaturated omega 3 rich foods, and DECREASE our intake of trans fats, which are loaded with omega 6. Healthy monosaturated fats include avocado, walnut, salmon, and olive oil. A few other tidbits, first lower those high glycemic carbohydrates in the forms of processed sugar, breads, and pastas! Instead work to replace these nutritionally deficient foods with the consumption of good complex carbs such as quinoa, nuts, seeds and oatmeal. These foods are loaded with fiber, keep us fuller longer, and boost our metabolism. Lastly, we want to increase our intake of iron rich foods. Anemia has been clearly associated with infertility throughout the years. Iron rich foods include black strap molasses, spinach, broccoli, kale, green beans, kidney beans, and lentils. Now that we have made some dietary changes, what comes next? Lifestyle changes! First up, we need to incorporate exercise, movement, and getting off the couch. Obesity has been clearly correlated in many studies with not only making it harder to become pregnant, but with a slew off other problems even while being pregnant. Complications include gestational diabetes, fetal anomalies, C-section's, and so forth. Exercise will help regulate estrogen production, boost metabolism, and burn fat. Next lifestyle change? Ditch the caffeine! I was torn between including this in the dietary section or here. Caffeine is more of a habit for a lot of people and studies show it actually diminishes the chance for a woman to become pregnant. If you cannot give up the caffeine, at least get rid of the sugar and creamer in your coffee, OR, switch to a healthier caffeinated beverage such as matcha tea. Matcha tea is a green tea with the whole leaves infused. This tea is anantioxidant powerhouse keeping us healthier, helping us to burn fat, and working to improve our energy. It is imperative that we also reduce risk factors that disrupt our hypothalamus from working properly. Our hypothalamus is the main control center of our brain, regulating homeostasis. Factors that may affect the hypothalamus include stress, excessive exercise, eating disorders, tobacco, and extremes of weight. It is vital to reduce stress on our body while trying to conceive a child. This

includes physical, mental, emotional, and even spiritual stressors. Excessive exercise could be considered a physical stressor, while depression or anxiety can be placed in the emotional/mental category. Our stress hormone, cortisol, has actually been shown to have an inhibitory effect on the reproductive system. Women struggling with infertility almost always put a significant level of stress on themselves. Having a spiritual foundation to fall back on can help a woman to release some of this tension in her body. Other forms of stress reduction may include therapy, acupuncture, meditation, and yoga. Detoxification programs are also highly useful for the body to repair and regenerate, after a stressful period. Even simple tasks such as taking a bath before bad, or reading a book, can help decrease the stress toll! Little changes add up. The final step to increase fertility is supplementation. Unfortunately much of the food we eat today is nutritionally deficient and synthetically made. We do not get all the essential vitamins and minerals from diet alone. Supplementation is needed and cannot be overlooked. First and foremost, women should be on a prenatal multi-vitamin when trying to conceive. Carrying a child is taxing on the body and requires a mother’s nutrients so the child can undergo a healthy development. A prenatal gives the body those extra nutrients to provide for both the child and the mother. Other nutritional deficiencies and medical conditions have also been shown to have a negative impact on fertility and pregnancy. Comprehensive blood work should be done to check for these anomalies. Nutritional deficiencies include Vitamin D, B12 magnesium, and selenium. Hormones including estrogen, progesterone, testosterone, FSH/LH, and prolactin must also be examined, because a discrepancy will impact a woman’s ovulation cycle. Medical conditions associated with infertility include thyroid disorders, adrenal dysfunction, celiac disease, and disorders at the pelvic level including PCOS and endometriosis. If a woman is struggling with becoming pregnant, all of these conditions must be properly worked up and addressed. Whatever the problem maybe, there are many different supplements and herbs that can work to improve uterine blood low, restore hormonal levels, and increase fertility! A Naturopathic doctor who specializes in Women’s Health and fertility is a great tool to begin making changes to support your chances on becoming pregnant. We work to increase this chance by getting to the root cause, prevention and supporting the healing power of the body. We work at the deepest level and make sure to treat the whole person, physical, mental, and emotional. One of my goals is to help anyone struggling with infertility experience the joy of having a child of their own!”

088. NDs Hunter, Louden, Terrion, and Rodriguez Pages at bloomnaturaldoctors.com

a) from bloomnaturaldoctors.com/services:

“Services. Naturopathic Services. We specialize in comprehensive and individualized health care with a focus on identifying and treating the underlying cause of your symptoms. After a thorough assessment, we use safe, gentle, natural therapeutic treatments rooted both in tradition and in modern science. Women's Healthcare: We strive to meet the challenges involved in the care of women. We offer natural solutions for menstrual issues, PMS, PCOS, fibrocystic breasts, chronic

vaginitis, menopausal symptoms, hormone support, and osteoporosis. Food Allergy and Sensitivity Assessment: We offer lab testing and elimination diets to help patients identify foods that may be triggering symptoms such as fatigue, weight changes, headaches, disgestive disturbances, sore joints, or skin reactions. This testing may provide insight into intolerances to certain foods. Weight Loss and Healthy Lifestyle Programs: Using labs and nutri-genomic testing, we tailor a diet specific to your needs. To help keep you on track, we offer regular in-office tracking of progress, body composition testing and lab metabolic markers. Specific supplements may be used to safely to support your goals. Lab Testing: Routine and functional labs can be ordered based on your health concern and medical necessity. In addition to standard lab assessment, we offer a deeper look with functional lab testing including digestive assessments, microbiome analysis, organic acid and amino acid testing, heavy metal testing, environmental toxin testing, food intolerance testing, functional nutritional testing, and hormone assessment. Resting Metabolic Rate: Bloom Natural Health offers testing for Resting Metabolic Rate to screen for abnormally low metabolic rates and pinpoint the precise caloric intake required for weight loss, maintenance, or weight gain. The REEVUE® measures the oxygen that the body consumes and calculates Resting Metabolic Rate (RMR). Personalized Skincare Consult: A good skincare routine is important at any age. We offer customized skincare regimens to promote general health and to address concerns such as aging, acne, rosacea, and uneven skin tone. A skincare consultation is optimally paired with a naturopathic visit to heal patients from the inside out. Natural Collagen Induction: At Bloom Natural Health, we believe in enhancing your natural beauty without resorting to risky or unnatural procedures. That's why we're excited to offer collagen induction therapy utilizing microneedling combined with platelet-rich plasma (PRP) and ENVIRON skin care serums—a safe, effective way to rejuvenate your skin. Nutritional Assessment: Diet confusion? We can help identify your unique nutritional needs and provide safe and effective options for healthy eating. We offer weekly and monthly diet plans to support healthy eating, increase energy, and improve overall wellness. Products: We offer our patients onsite dispensing of physician-grade supplements, herbs, and homeopathic remedies, as well as custom blended herbal tinctures. You can also order from our online dispensary. Products will be drop shipped to you for a small shipping fee if under $50. Free shipping over $50. Order here. 3x4 Genetic Testing: Bloom Natural Health now offers 3x4 Genetic Testing, to provide personalized health guidance in response to your specific genetic indicators, with insights into your genetic code, identification of root causes for ailments, targeted screenings, and recommendations for diet and supplements, based on the results of your test. Mold Testing: Dr. Terrion, our practitioner with expertise in mold-related illness and exposure, is a valuable resource for patients dealing with suspected mold illness or exposure. We utilize the MycoTOX Profile, a comprehensive urine-based test that detects many harmful mycotoxins. This advanced testing allows us to accurately identify mold exposure and develop targeted treatment strategies to restore your health.”

b) from bloomnaturaldoctors.com/naturopathic-medicine:

“What is Naturopathic Medicine? • Naturopathic medicine is a distinct health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods that encourage individuals’ inherent self-healing process. • Naturopathic medicine is not simply the diagnosis and treatment of disease with natural agents. It is a practice based upon the restoration of health. • The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. • Although health is the natural state of the being, it is influenced by the interactions of the person with the existing environment, both internal and external. Principles of Naturopathic Medicine. The Healing Power of Nature: Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process. Identify and Treat the Cause: The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms. First Do No Harm: Naturopathic physicians follow three primary guidelines to avoid harming the patient: • Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat; • Avoid when possible the harmful suppression of symptoms; and • Acknowledge, respect, and work with individuals’ self-healing process. Doctor As Teacher: Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship. Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. Prevention + Wellness: Naturopathic physicians emphasize the prevention of disease and promotion of wellness by assessing risk factors, heredity and susceptibility to disease, health habits, and diet and by making appropriate interventions in partnership with their patients to prevent illness. How are Naturopathic Doctors trained? • A licensed naturopathic physician (ND) attends a four-year, graduate level on-site naturopathic medical school. • A licensed ND is educated in all of the same basic sciences as an MD, including anatomy, physiology, biochemistry, pharmacology, pathophysiology, physical, clinical, and laboratory diagnosis. • Naturopathic students also study holistic and natural approaches as well as therapies with a strong emphasis on disease prevention and optimizing wellness. • In addition to a standard medical curriculum, naturopathic physicians study clinical nutrition, homeopathic medicine, botanical medicine, psychology, naturopathic philosophy, physical medicine, and counseling. • Naturopathic medical students take courses which address conventional, naturopathic, and integrative medicine, and functional medicine approaches to such health systems as: gastroenterology, immunology, infectious disease, urology, neuroscience, nephrology, endocrinology, and urology. • A naturopathic physician must pass a rigorous professional board in order to be licensed by a state or jurisdiction. For more information, visit: naturopathic.org/education. ”

c) from bloomnaturaldoctors.com/about-us:

“Dr. Christine Louden is a licensed Naturopathic physician and has been helping patients improve their health since 2001. Her practice is inclusive to all people looking for a trusted counsel and coach for their healing journey. Dr. Louden’s specialties include: • Women's health issues including menopause, PMS, PCOS, and endometriosis • Natural, drug-free treatments for mental health concerns including anxiety, depression, ADD/ADHD, and insomnia • Preventative medicine for chronic diseases including diabetes, heart disease and hypertension • Therapeutic fasting for the chronic diseases listed above as well as autoimmune diseases. In her practice, Dr. Louden adheres to the naturopathic philosophy of focusing on treating the underlying cause of disease symptoms and the belief that the body has an innate capacity to heal itself and restore health. Using the patient’s health history, physical exam and laboratory testing, Dr. Louden seeks to identify the deficiencies and factors that disrupt the body’s inherent balance. Based on the findings, she develops a comprehensive treatment plan for each patient utilizing natural medicine protocols. Dr. Louden received her Doctorate of Naturopathic Medicine from the National College of Naturopathic Medicine in Portland, OR and her Bachelor of Arts in Psychology from Sarah Lawrence College in Bronxville, NY. She is a certified Kundalini yoga instructor, a member of both the American Association of Naturopathic Physicians and the Connecticut Society of Naturopathic Physicians, and is an Integrative Medicine for Mental Health trained provider. Dr. Louden lives in Connecticut with her husband and two sons. She enjoys nature and the outdoors, staying fit and competing in triathlons, marathons, ultra marathons and trail running races. Dr. Sharon Hunter, a licensed Naturopathic Physician who has practiced in West Hartford, CT for over 17 years, is an expert in addressing health concerns through natural approaches, taking into account your entire health history, and finding connections that may exist between seemingly unrelated health concerns. Working at your own pace, she applies the best of traditional and more current science based approaches to health, focusing heavily on such foundations of health as diet, exercise, hydration, sleep, nutrition, toxicity/detoxification, and healthy gut microbiome. If you are frustrated by lack of progress with your health; if you wish to explore a different approach your health or want to reduce your need for medications; or you prefer to explore natural treatments, you are a good candidate for naturopathic medicine. Dr. Hunter specialties include: Hormonal Issues: • Hypothyroidism, including Hashimoto's thyroiditis • Diabetes • Polycystic Ovarian Syndrome (PCOS) • Irregular menstrual periods/amenorrhea • Menopausal symptoms. Gastrointestinal Problems (GI): • Irritable Bowel Syndrome (IBS) • Small Intestinal Bacterial Overgrowth (SIBO) • Chronic constipation • Dysbiosis. Complex Health Syndromes: • Autoimmune disease • Chronic Fatigue Syndrome (CFS) • Fibromyalgia • Mitochrondrial dysfunction • Immune dysfunction/chronic recurrent infections. Dr. Hunter earned her Doctorate of Naturopathic Medicine from Bastyr University in Seattle, Washington. She earned her Bachelor of Arts in Psychology from Cornell University. She is a member of the American Association of Naturopathic Physicians (AANP) and the Connecticut Naturopathic Physicians Association. She was previously a co-editor of the AANPs Clinical Support Network. Prior to becoming a naturopathic physician, Dr. Hunter did training and outreach for CONNSACS, which is now the Connecticut Coalition to End Sexual Violence. She

also worked for several years for the Mental Health Association in Tompkins County, NY.”

d) from bloomnaturaldoctors.com/post/welcome-dr-elisheva-neffinger:

“Bloom Natural Health is thrilled to welcome Dr. Elisheva Neffinger to the practice. Dr. Neffinger specializes in women’s health, nutrition, weight management, acne, dermatology, tick identification, and mold illness. She graduated with honors from the University of Bridgeport, where she earned her doctorate in naturopathic medicine. Learn more about Dr. Neffinger below! How did you come to naturopathic medicine and what drew you to be interested in it? I'd studied pre-med since high school, but when I was in college I started to feel some dissatisfaction with the current healthcare system. I felt like there was a tendency to treat the symptoms instead of the cause of disease. So I did some googling for alternative health routes: what are my options as a doctor to practice medicine more holistically? I found naturopathic medicine through the AANMC (Association of Accredited Naturopathic Medical Colleges), and as I started to read more about it, I felt that that was exactly what medicine should be. I decided to change my career route to practice naturopathic medicine, instead of conventional medicine. How does naturopathic medical school differ from traditional medical school? A naturopathic doctor is an accredited, board-certified doctor who went to a four-year medical school for naturopathic medicine. The curriculum includes all of the same basic sciences as regular medical school, like anatomy, physiology, and pharmacology, with the addition of holistic classes like nutrition, Chinese medicine, and botanical medicine, so we can really use every possible method to treat a person. What has your journey been like since medical school, and how did you find your way to Bloom? After I graduated from medical school I studied for boards and passed, and I started looking for jobs. I love West Hartford, and I found Bloom. Both Dr. Louden and Dr. Hunter seemed to have values and interests that aligned with my own, and the practice is really inviting. I felt really comfortable with them, and I love the way that they run the practice. They put their patients first, and it runs smoothly. I also love that it’s a female-owned business. What is your approach when treating a new patient? When seeing a new patient, as a naturopathic doctor, it’s a much longer visit [than in traditional medicine]. Our new patient visits are typically 50 minutes each. We go through all of the concerns that the patient has for the visit, and we also go through, in great detail, things like diet, sleep, exercise, any other diagnoses the patient might have, all of their medications and supplements, and a complete review of all of their bodily systems, to make sure that we have a good picture of their overall health. There’s such a wide variety of tools in our toolbox that we use with a patient. Herbal Medicine Can you talk a little bit more about what tools are in your toolbox? Typically naturopathic doctors use nutrition and dietary advice, herbal medicine, physical therapies, counseling techniques, and lifestyle changes. There are also other alternative medicine treatments like Chinese medicine, homeopathy, hydrotherapy, and Ayurvedic medicine. Every naturopathic doctor is different in what their specialties are and what treatments they like to use. I typically tend to use lifestyle, nutrition, and herbal medicine changes. How do you work in conjunction with doctors that practice traditional medicine to provide treatment?

Naturopathic doctors are considered specialists, so we don’t practice as primary care physicians in CT. We recommend that patients have a primary care doctor that they see annually, in addition to seeing us. We absolutely have the ability to communicate with their other doctors when necessary. What does practicing naturopathic medicine mean to you? What are the challenges? Rewards? Naturopathic medicine is really an art because there are so many modalities that are available. The most challenging aspect about naturopathic medicine is that you have so many options to treat every patient, but you really have to learn how to meet them halfway, and learn how to read people, and determine what they’re ready for in terms of taking on their own healing. Because as much as you can provide for a patient, the process of healing and implementing those healing techniques is really the responsibility of the patient, so you kind of just have to learn to assess what is possible for them. Seeing people get better is the most rewarding part. You recently led online workshops on acne, and tick awareness. What are some of the other workshops that you’re interested in providing? I’m currently working on one for weight loss. I’m interested in anything to do with women’s health. Preconception care would be another one: how a woman can bring herself to optimal health before she gets pregnant. I’d love to one day offer a class for at-risk women or teenagers who are pregnant and would like to learn about how to take care of themselves and their child. What doctors have shaped the way that you view and practice medicine? Dr. Tori Hudson is a brilliant naturopathic doctor who practices out of Portland, OR. She specializes in women’s health. She has a book called "The Women’s Encyclopedia of Natural Medicine" that I reference often. And she also has an excellent supplement line, which we have in office [in our natural pharmacy]. Another role model of mine is Dr. Cynthia Anderson. She’s a naturopathic doctor and midwife. She is a professor at the medical school that I attended (University of Bridgeport), and she’s just always compassionate and realistic with her patients and knows women’s health like the back of her hand. What do you enjoy doing in your free time? The weather is nice again, so I’m really happy about being able to get outdoors and exercise. I love to cook and try new foods. I’m a very adventurous eater, especially while traveling. It’s always so fun! I’ve traveled a lot: I try to go to a new country every year, and half of my family lives in Israel, so I’ve been to Israel many times. I just recently started playing golf, so that’s another one. Last questions: what is your favorite healthy snack and movie/tv show? I love salt and vinegar chicken chips by Wilde. Made from chicken? They’re made from chicken and cassava flour. They’re really good! They sell them at Whole Foods and they have a bunch of flavors. My favorite TV shows are “The Office” and “Survivor.” I just got into “Survivor” for the first time during the pandemic. I fell in love with it, and I’m going to apply to be on it this year. I like the idea of a great personal challenge--having to work socially with people--and the physical challenge--the potential of being wet and cold and hungry and having to live alongside potentially scary wildlife. I love a challenge.”

089. ND Carney Pages at nenaturalmedicine.com

a) from nenaturalmedicine.com/our-providers:

“Naturopathic doctor near me. Northeast Natural Medicine. Naturopathic Care in CT and Beyond. Our Providers. Shawn M. Carney, ND. After graduating with honors as a double major in environmental science and philosophy from Purchase College in New York, Dr. Shawn M. Carney continued to pursue a fusion of these interests by undertaking a career in integrative medicine. He received a doctorate in naturopathic medicine from the University of Bridgeport after having worked for several engineering and environmental science firms and serving as a full-time emergency medical technician. Dr. Carney has studied in a wide array of settings including AIDS Project of Greater Danbury, Casa Hostos Rehabilitation Center of Bridgeport, and with physicians from the International Lyme and Associated Disease Society (ILADS). He is currently a member of The American Association of Naturopathic Physicians (AANP) Clinicians for Planetary Health (C4PH), an initiative of the Planetary Health Alliance, and the MIND. SET. GROW. project, which committed to creating resources and training for teachers across the globe to bring preventative mental wellness into the classrooms. Dr. Carney is board certified and a licensed naturopathic physician in Connecticut, where he formerly served on the Board of Directors for The Connecticut Naturopathic Physicians' Association. He has been an adjunct professor at the University of Bridgeport College of Naturopathic Medicine and has been a featured guest on podcasts, television and radio programs including The Anxiety Dr., Your Zen Friend, CPR Dave and The Natural Housecall 89.5WPKN. Dr. Carney employs herbs, nutritional supplements, acupuncture, homeopathy, lifestyle medicine and low level laser therapy in his approach to optimizing health.”

b) from nenaturalmedicine.com:

“Northeast Natural Medicine. Naturopathic Care in CT and Beyond. Where Modern & Traditional Medicine Meet. ADHD DIABETES PRE-DIABETES ANXIETY DEPRESSION LYME DISEASE MSIDS CARDIO VASCULAR DISEASE THYROID And More ! See our 'Conditions Treated' page for a list of other conditions we can help you with ! Book Your Free Discovery Call. Northeast Natural Medicine is proud to offer high quality, individually-tailored, evidence-based care for your entire family's medical concerns, helping people identify the true underlying causes to their health problems beyond just managing symptoms. Patients are treated with consideration and ample time to express their health concerns as new patient visits are an hour and follow-ups are a half hour. We strive to educate patients so they can actively take steps to help themselves, in addition to the doctor’s personalized treatment plan, which often includes a blend of lifestyle medicine, nutritional supplements, botanical medicines, acupuncture and nutrition. As a complementary and integrative naturopathic clinic, we bring you a comprehensive variety of effective and minimally invasive interventions. As a therapeutic massage center, we also provide a wide array of bodywork treatments from experienced hands to fulfill the specific kind of therapy you require. Why Naturopathy? Book Your Free Discovery Call Naturopathic doctor near me Why A Naturopathic Physician? They are the original 'functional medicine' doctors! Naturopathic physicians treat from a holistic perspective, covering the following fields: A medical system based on the use of plants or plant extracts that may be consumed orally or applied topically. They often have less side effects than

prescription drugs but should be used under the supervision of a licensed physician. Botanical Medicine Clinical Nutrition: The assessment of nutritional needs based on laboratory tests, signs and symptoms reported by a patient. Low-level Laser Therapy: The use of specific light beams to stimulate proper cellular function and health to different tissues in the body. It has been used safely for decades and has been shown to be effective for many health concerns. Functional Medicine doctor near me. Specialty Lab Testing. Our clinic offers specialty diagnostic testing using well established companies offering insightful reports not available through conventional labs. Advanced functional testing for mycotoxins, gastrointestinal health, tickborne illnesses, immune insights, cardio and lipids, thyroid and endocrine issues, food sensitivities, heavy metals, environmental toxins and much more. Intended to augment the body's ability to restore balance and recover from cumulative burdens, they can take many different forms and work in many different ways, but should be individually tailored and supervised by a licensed physician. Detoxification Programs. Acupuncture. An ancient form of medicine which involves the insertion of thin needles into specific points on the body for the effective treatment of both acute and chronic health problems."

c) from nenaturalmedicine.com/naturopathic-medicine:

"Northeast Natural Medicine. Naturopathic Care in CT and Beyond. Naturopathic Medicine: Naturopathic medicine is defined by the State of Connecticut as "the science, art, and practice of healing by natural methods" and combines modern medical research and interventions with traditional therapies used for centuries from different parts of the world. The approach of naturopathic medicine considers both material and mechanical sciences while striving to support the body's natural ability to heal physically, mentally, emotionally and spiritually. The goal of a Naturopathic Doctor (ND) is to restore a person's body to balance and optimal health. This is accomplished by using the constituents of the body, such as vitamins, minerals, amino acids, and neurotransmitters as well as addressing physical and energetic misalignments. Success is also achieved by considering as many aspects of a person as possible or treating the whole person, and not just relieving a set of isolated ailments; the premise behind Naturopathic medicine is to find the root cause of illness and to address health concerns at their very core, rather than focusing solely on symptomatic treatment. A Naturopathic physician is trained for general practice as a primary care physician in one of several accredited medical colleges in North America. Naturopathic medical colleges require a four year commitment, with the first two years being the same basic sciences as expected of a conventional Medical Doctor. The last two years diverge from the conventional Medical Doctors by emphasizing clinical therapies that are more holistic, and often less invasive, than conventional pharmaceutical medications. This supplement to the standard medical curriculum includes years of training in clinical nutrition, botanical medicine, homeopathy, hydrotherapy, physical manipulation therapy, counseling and psychology. Successful mastery of the material must be demonstrated in a pair of rigorous board examinations which are used nationally for accreditation purposes. When such comprehensive training is coupled with an organic vision of health and wellness, it is no surprise that

naturopathic physicians are considered by many, including medical insurance companies, as preferred specialists in complementary and integrative medicine."

d) from nenaturalmedicine.com/acupuncture:

"Northeast Natural Medicine. Acupuncture. Naturopathic Care in CT and Beyond. Acupuncture is part of Traditional Chinese Medicine (TCM), which builds upon a framework of ancient philosophy and theory that has origins in pre-history, before writing was developed. It involves the insertion of fine needles, thinner than a strand of human hair, into the body at specific points shown to be effective in the treatment of specific health conditions. These points have been used for over two thousand years and their locations have been validated by electromagnetic measurements. Acupuncture is based on the ancient Chinese theories of the flow of qi (a fine, essential substance which nourishes and constructs the body) through distinct channels that exist in and around us. Imbalance and obstruction to this flow correlates with disease; acupuncture is a tool used for millennia to correct health problems by regulating this flow properly. IS ACUPUNCTURE SAFE? When performed properly by a well-trained and licensed practitioner, acupuncture is extremely safe. Our clinic uses individually packaged, disposable needles. Unlike many drugs, it is non-toxic, and adverse reactions are minimal. This is probably one of the chief reasons why acupuncture is so popular in the treatment of chronic pain in many countries. Acupuncture is comparable with morphine preparations in its effectiveness against chronic pain, but without the adverse effects of morphine, such as dependency. WHAT CONDITIONS ARE TREATED WITH ACUPUNCTURE? After reviewing over 250 controlled clinical trials for diseases or disorders in which acupuncture therapy had been tested, the World Health Organization acknowledged that it was proven to be therapeutic and helpful for a range of conditions from cardiovascular to gastrointestinal, neurological to musculoskeletal. For a partial list of ailments that acupuncture can treat, CLICK HERE."

e) from nenaturalmedicine.com/overview:

"Northeast Natural Medicine Services Overview Naturopathic Care in CT and Beyond Northeast Natural Medicine designs individualized treatment plans for every patient according to medical history, physical examination and laboratory findings. We strive to address both the prevention and treatment of disease. We offer a wide range of natural, non- toxic therapeutic options, which include but are not limited to: Acupuncture Advanced Diagnostic Testing Annual Physical Exams Botanical / Herbal Medicine Detoxification Programs Functional Medicine FirstLine Therapy / Lifestyle Medicine (Weight Management with Body Composition Testing) Homeopathic Medicine Naso-sympatico Sinus Relief Naturopathic Medical Care (for acute infections and illness as well as chronic conditions) Low Level Laser Therapy Personalized Nutrition Reiki Telephone or Virtual Consultations Therapeutic Massage."

f) from nenaturalmedicine.com/gallericancerscreeningtest:

"Northeast Natural Medicine Naturopathic Care in CT and Beyond Galleri Multi-Cancer Screening Test Galleri cancer test Improve chances of early detection with

the Galleri test by GRAIL that detects for over 50 types of cancer through a simple blood draw, with 99.5% specificity* *As defined by the 8th edition of the American Joint Committee on Cancer Staging Manual OVERVIEW Multi-Cancer Screening Detecting cancer early is vital to improve treatment outcomes & survival up to 4x Markers studied were evaluated in large clinical studies with more than 20,000 participants* Routine screening tests are recommended, but often only test for the 5 most common types of cancer (e.g. breast, cervical) 71% of cancers detected by early version of Galleri are not routinely screened for Advancements in blood-based cancer screenings can now test for 50+ types of cancers all at once, beyond the most common forms The Galleri test is only available from a healthcare provider like Northeast Natural Medicine *CCGA3 study published in Annals of Oncology and Pathfinder end of study results published in The Lancet galleri blood test Blooming Garden Galleri cancer test How the test works The Galleri test screens your blood sample (two tubes of blood) for cell-free DNA and identifies whether it comes from healthy or cancer cells. Test process Request the test Through Northeast Natural Medicine, a prescription is required. Will only be ordered for patients after a one-time payment is made, which includes the initial evaluation, blood draw and collection kit, all lab and testing fees, as well as if necessary, a consultation with the doctor to review your results and discuss any next steps. Complete your blood draw At one of GRAIL's partner labs, to schedule visit: galleri.com/schedule. Cost for the blood draw, which can be done at Quest Diagnostics, is included as part of the fee paid to the clinic for the test. Receive your results About 2 weeks after your sample is received at the GRAIL laboratory. Contact the clinic for further information. Adrenal Cortical Carcinoma Ampulla of Vater Anus Appendix, Carcinoma Bile Ducts, Distal Bile Ducts, Intrahepatic Bile Ducts, Perihilar Bladder, Urinary Bone Breast Cervix Colon and Rectum Esophagus & Esophagogastric Junction Gallbladder Gastrointestinal Stromal Tumor Gestational Trophoblastic Neoplasms Kidney Larynx Leukemia Liver Lung Lymphoma (Hodgkin and Non-Hodgkin) Melanoma of the Skin Merkel Cell Carcinoma Mesothelioma, Malignant Pleural Nasal Cavity & Paranasal Sinuses Nasopharynx Neuroendocrine Tumors of the Appendix Neuroendocrine Tumors of the Colon and Rectum Neuroendocrine Tumors of the Pancreas Oral Cavity Oropharynx (HPV-Mediated, p16+) Oropharynx(p16-) &Hypopharynx Ovary, Fallopian Tube & Primary Peritoneum Pancreas, exocrine Penis Plasma Cell Myeloma & Plasma Cell Disorders Prostate Small Intestine Soft Tissue Sarcoma of the Abdomen &Thoracic Visceral Organs Soft Tissue Sarcoma of the Head & Neck Soft tissue Sarcoma of the Retroperitoneum Soft Tissue Sarcoma of the Trunk & Extremities Soft Tissue Sarcoma Unusual Histologies & Sites Stomach Testis Ureter, Renal Pelvis Uterus, Carcinoma & Carcinosarcoma Uterus, Sarcoma Vagina Vulva.”

g) from nenaturalmedicine.com/detoxificationprograms:

“Northeast Natural Medicine Naturopathic Care in CT and Beyond Detoxification Programs Do You Want: More energy, Weight loss, Digestive relief, Better focus, and/or Improved sleep ? Then a detoxification program may be right for you! What is a detoxification program? These words mean different things to different people.

·A growing body of research shows many chronic health conditions are worsened by and/or due to prolonged exposure to various toxic agents in our body as well as things we are often ingesting as part of our lifestyle. These toxins come from industry, residential and commercial pesticides and herbicides, lead and other toxic metals in our waterways and soil, cosmetics, food containers, fossil fuels, building materials, and more. Sadly, every person in the United States studied, regardless of diet or place of residence, has been found to have some amount of toxic material stored in their body. For example, microplastics have been shown to be prevalent in the food we eat, the water we drink, and the air we breathe; so it came to be that they are being discovered in the blood, lung tissue and placentas of living people. Many cultures around the world have historically used different therapies to perform a “cleanse”, or detoxify. Varieties include simple water fasts to elaborate bowel emptying regimes. No matter what specific method is used, consideration should be given to: 1. Increased attention to what comes into a program participant 2. Increased intentionality to what comes out of that program participant 3. Decreasing inflammation Detoxification programs can be considered in 2 categories: A. Non-specific detoxification programs- General guidelines for groups of people trying to ease body burden and decrease inflammation in a broad way. B. Specific detoxification programs- Physician-supervised, individually tailored strategies to address particular health concerns and illnesses like Chronic Fatigue Syndrome, Fibromyalgia, chronic infections like Lyme disease or candida, Breast-Implant Illness, Heart Disease, Diabetes, allergies, auto-immune diseases, etc. At Northeast Natural Medicine, we offer each of the above. Different times of year bring different emphasis for general programs, from which many people can benefit. Below is a description of such programs which can be done as simple supplement and lifestyle protocols or combined with clinical body composition testing and needle-less auricular acupuncture therapy, for a more comprehensive effort. Alternatively, specific detoxification programs which are physician-supervised and intended to treat specific concerns would require an office visit or consultation and can be scheduled by contacting the clinic. HOLIDAY DETOX & NAVIGATION Ever consider support when indulging at holiday feasts? Or when trying to avoid them! Prime yourself before the challenges of a hopefully-not-too-stressful holiday season. This protocol is extended to patients of Northeast Natural Medicine with the purpose of helping a person have less dietary temptations and better process what they do consume. Unless a patient is being actively managed by the clinic, some ingredients may be contraindicated, based on an individual's current prescription or supplement use. Available through Wholescripts when accessed through our online portal, the Holiday Detox and Navigation Package can be found under 'Provider Protocols'. SPRING INTO DETOX. Springtime has an intuitive association with detoxification; have you ever found yourself doing 'spring cleaning'? Spring is the season of the Wood element and the corresponding meridians are the Liver and Gallbladder, according to The Five Element Theory of Traditional Chinese Medicine (TCM). Birth, growth, and rejuvenation are all obvious aspects of this time of year and the focal meridians are likewise more affected. Western medicine also readily identifies the liver as the primary organ of detoxification in many types of reactions in the body, as it breaks down endogenous and foreign compounds alike, preparing them for incorporation into the body or

excretion from it. This becomes a prime opportunity to undergo a detoxification program. These can run for 4 weeks, with strategic meal replacement being used at least 10 of those days, if not longer. This protocol is offered to patients of Northeast Natural Medicine with the intention to facilitate the above mentioned goals for non-specific detoxification programs, such as decreasing inflammation, improving gastrointestinal functioning and supporting healthy weight management. Unless a patient is being actively managed by the clinic, some ingredients may be contraindicated, based on an individual's current prescription or supplement use. Available through Wholescripts when accessed through our online portal. FALL INTO DETOX. Autumn is one of the best times of year for a detoxification protocol! In Traditional Chinese Medicine (TCM), autumn is the season of harvest, "... a time to pull inward and gather together on all levels, a time to store up fuel, food, …a time to study and plan for the approaching stillness of winter. Everything in nature contracts and moves its essence inward and downward. Leaves and fruit fall, seeds dry, the sap of trees goes into roots…" – Paul Pitchford 'Healing With Whole Foods' The Five Element Theory of TCM associates autumn with the Metal element and two meridians, the Lung and Large Intestine - both perfect for detoxification as they are organs of elimination. Though the dietary emphasis of TCM may move towards sour flavor and foods that have a moistening effect this time of year, there is still movement to harness during the season. Thus a detoxification program can be undertaken for 4 weeks, with strategic meal replacement being used in evenings the first 10 days, or longer. This protocol is offered to patients of Northeast Natural Medicine with the intention to facilitate the above mentioned goals for non-specific detoxification programs, such as decreasing inflammation, improving gastrointestinal functioning and supporting healthy weight management. Unless a patient is being actively managed by the clinic, some ingredients may be contraindicated, based on an individual's current prescription or supplement use."

h) from nenaturalmedicine.com/copy-of-low-level-laser-therapy:

"Northeast Natural Medicine Reiki Naturopathic Care in CT and Beyond Reiki is a Japanese energy technique for stress reduction and relaxation that also seeks to facilitate a person's own healing response. It is administered by placing hands lightly on or just above a person and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's such energy is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being healthy. As the Reiki practitioner places their hands at different locations along the client's body, the energy flow is often felt as heat, tingling, or other sensations. Reiki treats the whole person including body, emotions, mind, and spirit creating many beneficial effects. Reiki is a simple, natural and safe method of healing that everyone can use. What conditions are treated with Reiki? Clinical studies and peer-review trials have shown multiple types of benefits from Reiki in supporting diverse organ systems including immunologic, parasympathetic, psychiatric and musculoskeletal, among others. Source: Dyer, N et al. "A Large Scale Effectiveness Trial of Reiki for Physical and Psychological Health". Journal of Alternative and Complementary Medicine. Volume 25, Number 12, 2019, pp. 1156–1162. Conditions Treated with Reiki include: Anxiety, Depression, and Emotional

Stress Arthritis Blood Circulation Chronic Pain Digestive diseases Fatigue Heart Disease Infertility Insomnia Neuralgia Hospital Care and Reiki. Northeast Natural Medicine, LLC is proud to offer Reiki services. Reiki has recently been increasingly integrated in hospital settings as well as home health care settings. As of 2008, over 800 hospitals nationwide (15%) were actively offering this therapy to their patients. * Griffin Hospital, Hartford Healthcare and Yale New Haven Hospital are a few such Connecticut facilities that offer Reiki to their patients as part of a more holistic care approach. For example, a local research study at Hartford Hospital found that Reiki improved sleep by 86%, reduced pain by 78%, reduced nausea by 80% and reduced anxiety during pregnancy by 94%.** Similar trends can be seen at institutions across the globe. One notable study from India found that the use of Reiki for one week after major surgical procedures, including abdominal surgeries and mastectomies, consistently improved vital signs, thereby allowing for better recovery and reductions in anxiety. ***”

i) from nenaturalmedicine.com/cardiovascular-disease-high-blood-pressure:

“Cardiovascular Disease What are High Blood Pressure and Cardiovascular Disease? Cardiovascular disease (CVD) is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease, heart arrhythmias, heart failure, cerebrovascular diseases such as strokes, and more. "More than 800,000 people die of CVD every year in the United States". (1) This translates into one person dying every 34 seconds in this country from CVD. (2) more than 800,000 die of CVD in USA.jpg Two of these conditions that make up CVD, namely coronary heart disease and cerebrovascular diseases, are listed as the first and fifth leading causes of death in the United States respectively. (3) But these problems extend far beyond the United States. In fact, the leading cause of death globally is CVD, with an estimated 17.9 million people dying from this in 2019. That represents 32% of all global deaths! And a staggering 85% of these having been due to heart attack and stroke. (4) Types of Cardiovascular Disease There are 11 types of CVD, the first 8 of which are considered types of heart disease: Coronary Heart Disease (CHD), which is the most common type of heart disease in the United States, (5) is also known as 'Coronary Artery Disease' (CAD), 'Ischemic Heart Disease', or 'Coronary Atherosclerosis'. When people talk about 'heart disease' they often mean CHD. As the leading cause of death for men and women in the United States, about 697,000 died from it in 2020 - which is 1 in every 5 deaths. (2) Heart Arrhythmias are irregular heartbeats, often due to mishaps in the electrical impulses generated by the heart. Heart Failure, which includes Congestive Heart Failure (CHF) among others, occurs when the heart cannot pump enough blood and oxygen to support other organs in body. This is a serious condition but does not mean that one's heart has stopped beating. Valvular Heart Disease is when any valve in the heart has damage or is diseased, preventing it from opening or closing fully. Varieties of valvular heart disease include 'regurgitation', 'prolapse' and 'stenosis'. This can occur in any heart valve, but the aortic valve is the most commonly affected. (6) Pericardial Disease is when there is fluid or other pathology between the heart and the pericardium, which is a thin fibroelastic sac composed of two layers that separate the heart from the surrounding chest structures. Such heart diseases can

present clinically as acute pericarditis, pericardial effusion, cardiac tamponade, or constrictive pericarditis. Cardiomyopathy represents a group of diverse conditions that have in common effects on the heart muscle, with many different causes, symptoms, and treatments. When cardiomyopathy occurs, the normal muscle in the heart can thicken, stiffen, thin out, and no longer pumps the blood as well as it did before. This can lead to irregular heartbeats, the backup of blood into the lungs or rest of the body, and heart failure. Congenital Heart Disease presents when there are defects with the structure of the heart. 'Congenital' means that that the problems are present at birth. These defects happen when a baby's heart doesn't develop normally during pregnancy and are among the most common types of birth defects. Rheumatic Heart Disease is a systemic immune condition that occurs as a complication of rheumatic fever. This occurs after a streptococcal infection of the throat and is a significant form of acquired heart disease among children and adults worldwide. Cerebrovascular Disease "includes all disorders in which an area of the brain is temporarily or permanently affected by ischemia or bleeding and one or more of the cerebral blood vessels are involved in the pathological process. Cerebrovascular disease includes stroke, carotid stenosis, vertebral stenosis and intracranial stenosis, aneurysms, and vascular malformations". (7) Peripheral Arterial Disease (PAD), also known as 'Peripheral Artery Disease' or 'Peripheral Vascular Disease', is a narrowing of the distal arteries that carry blood away from the heart to other parts of the body. The most common type is lower-extremity PAD, in which blood flow is reduced to the legs and feet. Upper-extremity PAD is less common and both are primarily caused by the buildup of fatty plaques in the arteries, which is called atherosclerosis. Venous Thromboembolism (VTE) is a term used to describe two closely related conditions: Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE). DVT is a blood clot, or 'thrombus', which forms in a non-superficial vein, most commonly in the leg. But they may develop in the arm or other part of the body. Part of the clot, called an 'embolus', can break off and travel to the lungs. This is a PE, which can cut off the flow of blood to all or part of the lung. A PE is an emergency and may cause death. Risk Factors for Cardiovascular Disease Though the term "risk factor" is used to indicate some quality or circumstance that is associated with a given outcome, a risk factor is not necessarily a cause. The term risk factor includes surrogates for underlying causes; however, "[a] risk factor has a causal effect on a disease when the disease would not have occurred in the absence of the risk factor". (8) There are some risk factors we can change and influence, and others we cannot. These can be categorized as 'modifiable' or 'non-modifiable' risk factors. Many of these risk factors are of particular concern because they themselves are risk factors for TWO types of CVD, namely CHD and cerebrovascular disease. Of such concern are high blood pressure/hypertension, high blood cholesterol/hyperlipidemia, diabetes, smoking or exposure to second hand smoke, obesity, unhealthy diet, and physical inactivity. "Stress has been identified as a risk factor for various diseases, including CVD. ... One of the adverse outcomes of persistent stress is on cardiovascular health ... equivalent to the primary risk factors associated with CVD". (9) This is because stress itself can lead to many risk factors including high blood pressure/hypertension, smoking, unhealthy diet, physical inactivity and even high blood cholesterol/hyperlipidemia associated with a chronic and long term elevation

in cortisol levels. Other risk factors include race or ethnicity, age, gender, and genetic factors. Three of the leading risk factors for CHD and cerebrovascular disease, namely high blood pressure/hypertension, high blood cholesterol/hyperlipidemia, and diabetes, are also risk factors for arteriosclerosis (ART), a group of conditions which cause the arteries to become thick and stiff. There are five types of arteriosclerosis, however, the most notable is atherosclerosis. "Atherosclerosis, the major cause of CVD, is a chronic inflammatory condition with immune competent cells in lesions producing mainly pro-inflammatory cytokines. Dead cells and oxidized forms of low density lipoproteins (LDL) are abundant. The major direct cause of CVD appears to be rupture of atherosclerotic plaques". (10) With atherosclerosis identified as "the dominant cause of CVD", it then becomes the most prominent force behind strokes, heart failure, and other causes of death including 'heart attacks', more formally known as 'myocardial infarctions', as they mostly result from CHD. (11) And worldwide, myocardial infarctions remain the most common cause of heart failure. (12) As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood. Plaque can also rupture (break open). When it does, a blood clot can form on the plaque, blocking the flow of blood. ***image and caption credits High Blood Pressure/Hypertension: A CVD Risk Factor of Special Concern In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and distinguished two stages, with Stage 1 being recognized if a person has a blood pressure at or above 130/80 mmHg. Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg. (12) "Nearly half of adults in the United States (47% or 116 million) have hypertension ... or are taking medication for hypertension". (12) 1 in 2 with HTN but only 1 in 4 controlled.jpg ****image credits Hypertension itself is a risk factor for multiple forms of CVD including CHD, cerebrovascular diseases as strokes, heart attacks, and heart failure. High Blood Cholesterol/Hyperlipidemia: A CVD Risk Factor of Special Concern Elevated blood cholesterol has long been recognized as a significant risk factor for CVD in general, as well as specifically for CHD and strokes. However, there is so much more to this topic. There was even a study back in 2009 which reviewed over 100,000 hospitalized cases and found nearly half of all heart attack patients did not demonstrate prior risk which would indicate they were heading toward an attack. (14) This helped spur more advanced cholesterol testing. It has been shown that several markers including LDL particle number (LDL-P) and apolipoprotein-B 100 (apo-B), are better predictors of CVD risk than the longtime used LDL cholesterol (LDL-C)!! Also, other tests can look at the health of blood vessels and inflammatory risk factors. Sadly most clinicians still do not take advantage of these insights and continue to order the same less helpful markers as were used over twenty years ago. We have written in-depth blogs on theses topics! Follow the links to learn more: "Cholesterol, Carbs, and Eggs", "Heart Disease Risk? The Lipid Panel does not 'measure up'", "Heart Disease - The Risk Factors Your Cardiologist Didn't Test You For", Have a heart to try acupuncture. Diabetes: A CVD Risk Factor of Special Concern Diabetes itself is a known risk factor for many aspects of CVD, including high blood pressure/hypertension, high blood cholesterol/hyperlipidemia, CHD, stroke and heart failure. "People with diabetes are twice as likely to have heart

disease or a stroke than people without diabetes"!! (15) We have written in-depth information about multiple forms of diabetes! Follow the link to learn more: Diabetes, Prediabetes and Natural Diabetes Remedies. We have written in-depth blogs on theses topics! Follow the links to learn more: "Have You Met Diabetes Type 1.5", "Diabetes Healthy Eating Tips and Strategies for the Holidays", Why use integrative medicine to treat High Blood Pressure and Cardiovascular Disease? With more than 877,500 Americans dying of CHD, stroke or other CVDs every year, (15) it would seem the conventional medical approach to these conditions are wildly underwhelming. The economic costs associated with CVD are just as mind-blowing as the morbidity and mortality statistics: CVD costs the United States $216 billion in health care system costs and $147 billion in lost productivity on the job from premature death! (15) Clearly we need a new 'normal' here in the USA. Many conventional doctors may suggest dieting, decreasing consumption of salt, exercise and stopping smoking, all of which may be beneficial. But these rote suggestions are often not accompanied with a substantial game plan to help a person accomplish lifestyle transitions. Instead, inevitably the emphasis in those visits often comes to prescribing medications, some with potentially copious side effects. However, people deserve more than lifelong medication recommendations! Naturopathic Approach to High Blood Pressure/Hypertension and Cardiovascular Disease Yet it is in helping to restore the body to balance and proper function that we see the most favorable outcomes. Coordinating successful lifestyle medicine is part of this process. And this has been shown in the peer review literature. One study that included over 18,000 participants found "...post–myocardial infarction (MI) patients who reported adherence to just 3 healthy lifestyle habits at 30 days post–hospital discharge—smoking cessation, regular exercise, and healthy eating—demonstrated a 3.8-fold decreased risk of death, re-infarction, and stroke after 6 months as compared with those who adhered to none of these behaviors". (16, 17) Naturopathic physicians take an oath upon receiving their diploma and completing four years of rigorous education; this oath has at its base six Principles of naturopathic medical practice. These Principles serve as the foundation of naturopathic medical education and naturopathic patient care. They include, as outlined by the American Association of Naturopathic Physicians: (18) The Healing Power of Nature (Vis Medicatrix Naturae): Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process. Identify and Treat the Causes (Tolle Causam): The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms. First Do No Harm (Primum Non Nocere): Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat as well as avoid when possible the harmful suppression of symptoms. Doctor as Teacher (Docere): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship. Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic

physicians encourage individuals to pursue their personal spiritual development. Prevention: Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness. What this translates into during patient care is an emphasis on lifestyle support and the factors that precipitated the body's imbalance. Nutrient deficiencies which could be compounding symptoms should be identified and considered. Patterns of eating and hydration, as well as the quality of exercise investment need all be considered for fruitful management of these heavily lifestyle-driven conditions. Assessment and management of stress and inflammation need also be considered when addressing the whole person. Subscribe to our newsletter Support for patients with High Blood Pressure and Cardiovascular Disease Evidenced-based herbal medicine Different botanical medicines have been used for centuries to help aid cardiovascular conditions. Some herbal treatments, including Crataegus oxycantha (hawthorn), have been used for their ability to increase the integrity of the blood vessel wall and improve coronary blood flow, with positive effects on oxygen utilization. (19) An even wider variety of botanical medicines have been used to support different aspects of high blood cholesterol, including Monascus purpureus (red yeast rice), Trigonella foenum-graecum (fenugreek), and Citrus bergamia (bergamot) with some very impressive results. When selecting herbal medicines, it is important to identify as fully as possible the underlying cause for the imbalance, as this will lead to different choices for treatments. If the goal is to support cardiac function, we would choose cardiotropic and/or vasodilatory herbs. If the goal is to decrease inflammation, then we would select anti-inflammatory or immunomodulating botanicals. Or if stress management options are being sought, there are many botanicals classified as nervines which can be supportive to this end. Thus a good treatment should be quite individualized. Advanced specialty and nutrient deficiency testing Multiple types of nutrients have shown to have been of keen concern for CVD but conclusions have not always been unanimous. Deficiencies of specific minerals, notably magnesium, have shown to be risk factors for increased atherosclerosis, coronary artery disease, arrhythmias, and heart failure. (20) However, that has not translated into magnesium supplementation always showing curative benefits. (21) Part of magnesium's therapeutic benefit is suspected to be related to its effects on potassium. "Potassium and magnesium deficiencies, particularly those induced by conventional loop and thiazide diuretic therapy, have been linked in clinical studies to an increased frequency in serious arrhythmias and mortality in acute myocardial infarction. Magnesium repletion has been shown not only to increase magnesium levels, but also to increase muscle potassium and to decrease the frequency of ventricular ectopic beats." (22) What's more, some researchers have also reported on increased risk of CVD by having higher levels of other minerals like calcium. (23) Beyond minerals, other nutrients to consider regarding heart health include several fatty acids, vitamins and amino acids. When it comes to testing minerals, local laboratories can be helpful and offer some degree of functional testing assessment; however, they often do not have advanced methods for testing vitamins and amino acids, if any at all. So other options for testing may be preferable in some cases and these collection methods can include nutrients being tested in multiple ways including blood, urine, or hair.

More testing options to consider when gaining insight into cardiovascular health include advanced risk factor testing, often not even sought out by cardiologists. Such tests include lipoprotein fractionation, apoproteins, homocysteine, and several inflammatory markers such as Lp-PLA2 activity and hs-CRP. We have written in-depth blogs on theses topics! Follow the links to learn more: "Cholesterol, Carbs, and Eggs", "Heart Disease Risk? The Lipid Panel does not 'measure up'", "Heart Disease - The Risk Factors Your Cardiologist Didn't Test You For". and CVD. For example, coenzyme Q10 is a fat-soluble compound with a chemical structure similar to vitamin K and has been shown to improve stroke volume (SV), cardiac output (CO), ejection fraction (EF), and cardiac index, among others. (24, 25) Taurine, an amino acid, was used among patients with CHF secondary to ischemic or idiopathic dilated cardiomyopathy, whose ejection fraction assessed by echocardiography was less than 50% and was shown to provide a significant treatment effect in systolic left ventricular function after 6 weeks. (26) More specific to high blood pressure, a meta-analysis of fifteen controlled trials concluded "[p]otassium supplementation is associated with reduction of blood pressure in patients who are not on antihypertensive medication, and the effect is significant in hypertensive patients". (27) Attempting to restore balance to our bodies in the least invasive manner possible is part of the philosophic approach of naturopathic physicians. Thus we often seek to use the body's constituents to see if better health can be achieved, especially in light of findings from advanced nutritional testing. These may include vitamins, minerals, amino acids, fatty acids, supplemental hormones and more. Don't get stuck not trying acupuncture. There are 12 classical meridians in Traditional Chinese Medicine (TCM). Acupuncture is based on the ancient Chinese theories of the flow of qi (a fine, essential substance which nourishes and constructs the body) through distinct channels that exist in and around us. Imbalance and obstruction to this flow correlates with disease; acupuncture is a tool used for millennia to correct health problems by regulating this flow properly. Acupuncture has been used for treating heart failure in China since the Han Dynasty and can be applied to many diseases, according to the World Health Organization (WHO) recommendations. (28) The heart meridian travels the length of the inner arm. Several of the acupoints are indicated for palpitations, chest pain, a sense of fullness below the heart or local concerns to where the acupoints are found. "Many animal experiments have explored the mechanism of acupuncture in the treatment of heart failure [and] ... [m]any studies have shown that the acupuncture effect is closely related to the sympathetic nervous system, which is believed to play an extremely important role in the multipathway and multitarget [ways] acupuncture ... can simultaneously intervene in multiple cardiac function-related indicators". (29) We have written in-depth blogs on theses topics! Follow the link to learn more: Have a heart to try acupuncture! Therapeutic lifestyle modification. "If you want to go fast, go alone. If you want to go far, go together." – African Proverb. The dietary and lifestyle problems related to high blood pressure/ hypertension, high blood cholesterol/hyperlipidemia, and CVD are complex and can have multi-faceted repercussions on our bodies, with many different organ systems affected. It is no surprise then that more has to be done than just taking pills or injections and being advised to 'minimize dietary salt'. Enter lifestyle medicine programs which have been shown to clinically reverse blood glucose concerns, cardiovascular

disease, hypertension, elevated cholesterol, and obesity. These are implemented over 14 weeks. Why 14 weeks? Because social and psychological studies have shown that the median time for developing a habit is 66 days, and developing good habits is exactly what people need when focusing on what they eat, how they exercise or sleep, and stress management. We use combinations of a modified Mediterranean diet, body composition testing, and meal planning while taking a multi-faceted approach to a person. This treatment plan creates a balanced and manageable healthy lifestyle to clearly identify and overcome causes of ill health and improve total body function naturally by nourishing, balancing, and revitalizing a person's metabolic health. Our aim is to decrease body fat, increase lean muscle mass, lower fasting insulin and blood glucose levels while decreasing symptoms as fatigue, joint pain and digestive issues, among others, by unlocking the power of clinical nutrition! Also of note is the other half of that recommendation to 'minimize dietary salt'. It has been reported that there is "... strong evidence of a negative association between dietary potassium and blood pressure, and some evidence ... of negative associations between dietary potassium and CVD (particularly stroke and CHD)...". Blood pressure lowering is particularly associated with high potassium and low sodium diets." (30) So if you are seeking guidance, support or treatment, consider contacting our clinic at the number above. Enter your email below to receive our newsletter and stay informed. Zero spam. High-quality health info delivered monthly. By joining our newsletter you will receive monthly updates with health-related information and occasional promotions related to working with Dr. Shawn M. Carney and Northeast Natural Medicine, LLC. We will never share your information with third parties and will protect it in accordance with our Privacy Policy. You can unsubscribe at any time."

090. ND Stemper from sherrystemper.com

a) from sherrystemper.com/Serv.aspx:

"Services That We Offer. Applied Kinesiology: Applied Kinesiology is a technique that uses the channels of energy that are used in Oriental Medicine to practice acupuncture. By using this technique, a practitioner can find imbalances in the body by determining what strengthens or stressed the body. See more info about this in our Frequently Asked Questions Section more...Counseling: Individual and family counseling is available at the office. She often uses her counseling skills to provide patients with medication, dietary and lifestyle changes. CranioSacral therapy: CranioSacral therapy is available at the office. This therapy is especially helpful to clients with headaches, stress, musculoskeletal pain, arthritis, depression, dyslexia and other learning difficulties and aftereffects of strokes and injuries. By applying gentle pressure along the cranium and spine Dr. Stemper is able to create a free flow of cerebral spinal fluid. This soft tissue adjustment is painless and safe. Patients leave these sessions feeling relaxed and refreshed. Each session lasts an hour, one or two treatments are recommended. Patients with chronic problems may find that they benefit from more frequent visits. Food Testing: Helping to identify foods that help and hurt you. See full details in our News and Information section. more...Muscular/Physical therapies: All of us have from time to time suffered a muscular injury. Dr. Stemper is trained in Physical Medicine. Her training includes

knowledge of the medication necessary for repair and good health of muscles and joints, and physical therapy to help with joint movement and function. These treatments include hot and cold therapy. Specialized Laboratory Testing: Are you concerned about being toxic? The human body operates best when the body is in balance. Vitamin, mineral and hormonal levels are very important to body function and health. A poor diet, stress, lack of sleep and exposure to toxins are just some of the many things that can change the positive balance in the body. Dr. Stemper has several tests that can determine whether your body is out of balance. These tests are simple to use. While there are a few that require a blood sample, many require only saliva, hair or urine samples. The results of these tests will help the doctor determine exactly where your body is out of balance and how best to replace or decrease these imbalances. Digestive: Do you experience bloating, heart burn, gluten intolerance, diarrhea, constipation, nausea, or chronic yeast infections? Without proper gut flora it is difficult for the body to properly absorb nutrients from the foods that are eaten. An accurate assessment of intestinal flora, digestion, absorption and intestinal function can be examined through a stool sample. This assessment can assist the doctor in making dietary, supplement and digestive aid changes in your diet to improve digestion and elevate your symptoms. Hormones: Female hormonal imbalances are frequently associated with menopause but they can happen at anytime in a woman’s life. If you are experiencing painful periods, mood swings, memory problems, changes in appetite, difficulty conceiving, changes in sleep or libido you could be experiencing a hormonal imbalance. A simple saliva test can assist the doctor in determining which hormones are out of balance. Male hormonal imbalances can cause symptoms such as changes in appetite, sleep, mood, endurance, strength, memory, and libido. Hormonal levels for males can be determined with a simple saliva test. The doctor can provide patients with hormonal support to reduce or elevate these symptoms. Heavy Metal: Elemental imbalances can affect function throughout the body from the brain, kidney and bones to the nerves heart and skin. Headaches, fatigue, loss of sense of smell, insomnia, decreased motor control, dermatitis, and anemia are just a few symptoms that can be caused when heavy metals are out of balance. Direct exposure to heavy metals in industrial areas is only one of the many ways people are exposed to toxins. Many people are exposed to toxins daily in their diets. Our diets can also be poor sources for many of the vitamin and minerals that are necessary to maintain optimal health. Metabolic tests can be preformed using hair, blood and urine. The test results will give the doctor a clear picture of your bodies toxins and deficiencies. Through proper diet and medications these conditions can be reversed. Heart Disease: In the United States approximately 1 out of every 5 persons suffer from some form of heart disease. High blood pressure, coronary heart disease, and stroke are the most common ailments. These and many others often go unnoticed with few if any symptoms. Many people are now aware of the importance of monitoring their Cholesterol, LDL, HDL and Triglycerides levels. Advancements in cardiovascular research has provided doctors with many more markers to assess cardiovascular health and therefore treat and successfully prevent heart disease. Comprehensive cardiovascular testing requires only a fasting blood sample, the results can be life saving. If you have a family history of heart disease, currently have high blood

pressure, are obese, or have diabetes cardiovascular testing is strongly recommended.”

b) from sherrystemper.com/faq.aspx:

“Frequently Asked Questions. Naturopathic Medicine. WHAT IS A NATUROPATHIC PHYSICIAN? WHAT IS THE PHIOSOPHY PRACTICED BY NATUROPATHIC PHYSICIANS? ARE NATUROPATIC PHYSICIANS LICENSED? WHO CAN BENEFIT FROM NATUROPATHIC MEDICINE? WHAT WILL HAPPEN AT MY FIRST VISIT? WHAT INFORMATION WOULD BE HELPFUL FOR THE DOCTOR TO KNOW AT MY FIRST VISIT? WHY HAVE FOOD AND INHALANT ALLERY TESTING? DO I HAVE TO UP ALL FOODS THAT I AM ALLERGIC TO FOREVER? ARE DIETS CHANGES ENOUGH TO MAKE A DIFFERENCE IN MY HEALTH? HOW LONG SHOULD I CONTINUE TO TAKE RECOMMENDED SUPPLEMENTS WITHOUT SEEING THE DOCTOR? CAN I STILL SEE MY MD WHILE I’M UNDER NATUROPATHIC CARE? Applied Kinesiology. What is it? A Brief History How does it work and How is it used? Naturopathic Medicine. WHAT IS A NATUROPATHIC PHYSICIAN? Naturopathic Physicians are physicians who have completed a four-year medical program. Naturopathic education and training include the study of standard medical science that is similar to “traditional medicine” with an emphasis in natural therapeutics. Naturopathic training specializes in the application of vitamin and mineral therapies, botanical medicines, homeopathy, physical medicine, nutritional and lifestyle counseling and stress management. Health care is offered for both acute and chronic conditions. WHAT IS THE PHIOSOPHY PRACTICED BY NATUROPATHIC PHYSICIANS? Naturopathic physicians seek to restore and maintain optimal health. Naturopathic philosophy promotes wellness. Its goal is to find and support the optimum balance between nutrition, lifestyle and use of therapies that best promote good health. The guiding principles of Naturopathy include: FIRST DO NO HARM, Naturopathic medicine uses therapies that are safe and effective. FIND THE CAUSE, Physicians seek and treat the underlying cause of a disease, not just the effect. Symptoms are viewed as expressions of the body’s natural attempt to heal. The origin of disease is removed or treated so the patient can recover. TREAT THE WHOLE PERSON, no part of any biological system exists in isolation or is completely separable from the rest. All parts of any whole are interconnected. A change in one part produces various types of changes in all the other parts. PHYSICIANS AS TEACHER, The physician’s major role is to educate, empower and motivate patients to take responsibility for their own health, Creating a healthy cooperative relationship with the patient has strong therapeutic value. PREVENTION IS THE BEST CURE, Naturopathic physicians are preventative medicine specialists. Physicians assess patient risk factors, heredity and susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health. ARE NATUROPATIC PHYSICIANS LICENSED? The state of Connecticut is one of several states that requires Naturopathic physicians to be licensed in order to practice medicine. Naturopathic Physicians must complete a four year medical program at an accredited Naturopathic School before they can take the licensure examination. Naturopathic Physicians are required to renew their license every year to continue practicing medicine. The following states currently

license Naturopaths: Alaska, Arizona, Connecticut, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, and Washington. WHO CAN BENEFIT FROM NATUROPATHIC MEDICINE? Naturopathic medicine is suitable for all phases of life. Patients range in age from birth through geriatrics, including childhood, adolescence, and men's and women's health issues. People who suffer from allergies, arthritis, musculoskeletal pain, hypertension, gastrointestinal disorders, or immune system disorders may benefit from naturopathic medicine. WHAT WILL HAPPEN AT MY FIRST VISIT? During your first office visit the doctor will be gathering a complete health history including information regarding your current complaint. Each body system will be discussed, including respiratory, gastrointestinal, cardiovascular, nervous, reproductive, urinary and skeletal. A family health history and individual diet history are also taken. After a complete history is taken the doctor will discuss treatment possibilities. It is important that the patient play an active role in these decisions. WHAT INFORMATION WOULD BE HELPFUL FOR THE DOCTOR TO KNOW AT MY FIRST VISIT? If you are currently under the care of another doctor and or taking prescription medications please let the doctor know. Also bring a list of your current medications including any vitamins you may be taking. Be sure to include the dose that you are taking. It would be helpful to bring any current blood work with you (within the last 6 months) and any other test results such as X-ray, ultrasound, biopsies, pap, etc WHY HAVE FOOD AND INHALANT ALLERY TESTING? Food and inhalant testing are important in order to identify substances that may cause allergic responses in the body and create imbalances in the immune system. Food and inhalant allergy testing are recommended for about 80% of our patients. Dr. Stemper uses non invasive techniques to determine allergies. Allergy testing appointments are booked for 1 hour. Prior to allergy testing all patients must have an appointment for a complete health history. All patients will receive a food chart after the food testing is completed. DO I HAVE TO UP ALL FOODS THAT I AM ALLERGIC TO FOREVER? No, it is important to follow your food chart recommendations carefully for a minimum of three months. During this time your body has a chance to heal. It will also give you a clearer picture of how much your food allergies effect your health. After three months, patients are retested and quite often are able to return to a majority of foods to their diet. ARE DIETS CHANGES ENOUGH TO MAKE A DIFFERENCE IN MY HEALTH? Yes, and no. For some patients diet changes are all that is needed to be done. To determine who may need additional support patients are asked to follow food recommendations for two to three weeks initially. If patients are not having relief of symptoms within this time period then other supports are added at this time. HOW LONG SHOULD I CONTINUE TO TAKE RECOMMENDED SUPPLEMENTS WITHOUT SEEING THE DOCTOR? This varies, generally patients are followed at one month intervals. When both the patient and the doctor feel that the patient's health is under control then yearly or seasonal appointments are made. Patients can generally stay on multivitamins for long periods of time (6-12 months) without check ups. Other vitamin and mineral supplements should be assessed at more frequent intervals. The main goal in my office is to have patients taking as few supplements as possible to enjoy good health. CAN I STILL SEE MY MD WHILE I'M UNDER NATUROPATHIC CARE? Yes, patients include Naturopathic medicine in their lives in many different ways. Many people use only Naturopathic medicine to meet

their health care needs. Most people however, use Naturopathic medicine in addition to their current medical routine. My goal is to meet the patient's healthcare with the least invasive therapies. All that is asked is that you advise me of what other types of medical care you are currently using so that your health care needs can be addressed properly. APPLIED KINESIOLOGY. What is it? Applied Kinesiology is a technique that uses the channels of energy that are used in Oriental Medicine to practice acupuncture. By using this technique, a practitioner can find imbalances in the body by determining what strengthens or stressed the body. A Brief History. Applied Kinesiology was developed in the early 1960s by Dr. George Goodheart, a Chiropractic Physician. Dr. Goodheart noticed that muscle strength reacted to the energy of a substance in direct proportion to its effect of the body. He developed a diagnostic system of Applied Kinesiology to evaluate the effectiveness of substances to strengthen the body using these observations. How does it work and How is it used? Applied kinesiology uses the energy flow of the body. All substances, illnesses and emotions have an effect on muscle strength. The strength of an isolated muscle is manually tested by the physician. This testing technique reveals the balance or imbalance in the body as it reacts to a substance or treatment. Dr. Stemper uses Applied Kinesiology to quickly and effectively determine treatment modalities and therapies that will be the most beneficial to her patients. Contact Us: Info@SherryStemper.com | Sherry L. Stemper. N.D. 2270 Park Avenue, Bridgeport, Connecticut 06604 | Map it."

c) from sherrystemper.com/default.aspx:

"What We Do.Individualized Natural Care specializing in Holistic support for allergies, pediatrics, gastrointestinal disorders women's and men's health issues and lifestyle support. What is a Naturopathic Physician? Naturopathic Physicians are physicians who have completed a four-year medical program. Naturopathic education and training include the study of standard medical science that is similar to "traditional medicine" with an emphasis in natural therapeutics. Naturopathic training specializes in the application of vitamin and mineral therapies, botanical medicines, homeopathy, physical medicine, nutritional and lifestyle counseling and stress management. Health care is offered for both acute and chronic conditions. What is the philosophy practices by Naturopathic Physicians? Naturopathic physicians seek to restore and maintain optimal health. Naturopathic philosophy promotes wellness. Its goal is to find and support the optimum balance between nutrition, lifestyle and use of therapies that best promote good health. The guiding principles of Naturopathy include: FIRST DO NO HARM, Naturopathic medicine uses therapies that are safe and effective. FIND THE CAUSE, Physicians seek and treat the underlying cause of a disease, not just the effect. Symptoms are viewed as expressions of the body's natural attempt to heal. The origin of disease is removed or treated so the patient can recover. TREAT THE WHOLE PERSON, no part of any biological system exists in isolation or is completely separable from the rest. All parts of any whole are interconnected. A change in one part produces various types of changes in all the other parts. PHYSICIANS AS TEACHER, The physician's major role is to educate, empower and motivate patients to take responsibility for their own health, Creating a healthy cooperative relationship with the patient has strong

therapeutic value. PREVENTION IS THE BEST CURE, Naturopathic physicians are preventative medicine specialists. Physicians assess patient risk factors, heredity and susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health. In-Home appointments are available for the Elderly or home bound. Call for more information. Insurance Providers Accepted: Anthem Blue Cross, ConnectiCare, Oxford, Aetna, and Cigna. * Not all types of Naturopathic Services are covered by insurance. You should consult with your health insurance provider about Naturopathic treatments and what options are available to you. Current Memberships: Member of the American Association of Naturopathic Physicians AANP and the Connecticut Naturopathic Physicians Association CNPA."

d) from sherrystemper.com/Meet.aspx:

"Meet the doctor: In 1993, Dr. Sherry L. Stemper graduated from Bastyr University in Seattle, Washington with a Degree in Naturopathic Medicine. She also attended Radford University in Radford, Virginia where she earned a bachelor's degree in Biology and a minor in Chemistry. After graduation from Bastyr, Dr. Stemper practiced at the Evergreen Natural Health Center in Seattle, Washington. In 1995 she moved to Connecticut and practiced with Dr. Kathleen M. Riley at the Bethel Naturopathic Center before opening her own practice in 1996 in New Milford and Brookfield Connecticut. In the fall of 2001 the office moved to Bridgeport, Connecticut. Philosophy: Naturopathic physicians seek to restore and maintain optimal health. Naturopathic philosophy promotes wellness. Its goal is to find and support the optimum balance between nutrition, lifestyle and use of therapies that best promote good health. The guiding principles of Naturopathy include: FIRST DO NO HARM, Naturopathic medicine uses therapies that are safe and effective. FIND THE CAUSE, Physicians seek and treat the underlying cause of a disease, not just the effect. Symptoms are viewed as expressions of the body's natural attempt to heal. The origin of disease is removed or treated so the patient can recover. TREAT THE WHOLE PERSON, no part of any biological system exists in isolation or is completely separable from the rest. All parts of any whole are interconnected. A change in one part produces various types of changes in all the other parts. PHYSICIANS AS TEACHER, The physician's major role is to educate, empower and motivate patients to take responsibility for their own health, Creating a healthy cooperative relationship with the patient has strong therapeutic value. PREVENTION IS THE BEST CURE, Naturopathic physicians are preventative medicine specialists. Physicians assess patient risk factors, heredity and susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health."

e) from sherrystemper.com/Flyer.aspx:

"News and Information. Cold and Flu Season. Food Testing. Cold and Flu Season. How can I tell if I have a bacteria or a viral infections? Bacterial and Viral infections can often be hard to differentiate. For instance you can have bacterial or viral pneumonia or both. The same is true for upper respiratory infections. A sore throat, cough, hoarseness or sinus pain can be caused by bacterial or viral infections. How

can I be sure I have the flu? Most often the flu will come on quickly, a fever, body aches, fatigue, joint and muscle pain, and lack of appetite are the most common symptoms. The flu virus lives and multiplies primarily in the lungs, even though symptoms are felt throughout the body. Symptoms will usually disappear within 24-48 hours. How did I get the flu? The flu is an airborne virus spread through coughing and sneezing. Proper hand washing and covering one's mouth and nose when sneezing or coughing can help reduce the rate of flu cases. What should I do if I have the flu? Get plenty of bed rest, drink plenty of fluids and eat a light tolerated diet. How will I know if I just have a cold? A cold will usually cause a gradual increase in congestion, runny nose and cough. Your appetite should be normal and muscle/joint pain should not be present. A cold can make you feel fatigued and postnasal drip can give you an upset stomach. If you develop a temperature or have yellow or green mucus these are signs of infection and you should seek medical treatment. If you have difficulty breathing, pain with breathing or if your chest feels heavy you should also seek medical treatment. Vomiting and diarrhea. Bouts of vomiting and diarrhea are often incorrectly referred to as the stomach flu. Diarrhea and vomiting are caused by inflammation of the stomach and the intestinal track this is known as gastroenteritis. Symptoms include diarrhea, nausea, vomiting, low-grade fever, abdominal cramps, headache, and malaise. The cause of these symptoms is not always easy to determine. If you find that your family or office seems to be passing these symptoms around chances are that you have a viral infection. Viral gastroenteritis occurs most frequently between September to March and lasts 24-48 hours. Viruses are usually passed from person to person within 16-48 hours. Bacterial gastroenteritis can occur at any time of the year and includes salmonella, bacillary dysentery, Escherichia coli (E. coli), and the ancient but still thriving Cholera. These infections are often caused by poor hand washing, under cooked meat, shared food preparation surfaces (using the same cutting board to cut up uncooked meat and vegetables) and contaminated water. While antibiotics can help with bacterial infections, generally no drug intervention is necessary with viral gastroenteritis. The body's natural defense of excreting the bacterial or viral producing disease produces diarrhea and or vomiting. It is extremely important to keep your body hydrated by drinking water to avoid dehydration. Your body also looses electrolytes during these excretory processes so it is important to replace those with an electrolyte drink such as Recharge or Gatorade. If you are able to tolerate food a BRAT diet of bananas, rice, apples/applesauce and toast may be eaten until your symptoms disappear. If you are unable to eat any food or water seek medical treatment. To our patients: If you would like more information on how to prevent and treat viral and bacterial infections please ask. There are many homeopathic medications available to help with these seasonal health problems. Our office is happy to recommend what you should have on hand. Please not that each patient is an individual and we do not make general recommendations. While homeopathic medications can be purchase at your local health food store we strongly recommend that you enlist the advise of a medical professional before using any medication. Food Testing. Many of our patients are food tested. Most often a patient has suspected that they have a food allergy and/or has had digestion problems prior to testing. The benefits of making changes to your diet according to the results of your food testing are many. Relief from intestinal pain,

bloating, constipation and diarrhea are the expected outcomes for most people. However, diet changes can also improve your energy, skin, and brain function. Patients have also found relief from asthma, headaches, arthritis, menstrual cramping, PMS, hot flashes, and more. Patients are asked to return with in two to three weeks of starting their new diets. This allows the doctor to determine if any additional support is needed. Additional support can include limiting food amounts, adding digestive aids, or changes in meal preparation. It is important to follow up your initial food test with another food test within three to four months. This time between testing has given your body time to heal. Your new test results will revel what foods are truly allergy foods and what foods are sensitive foods. Sensitive foods are those that test ok after the three to four month waiting period. Many times these foods are the ones that you may have eaten in large or frequent quantities. These sensitive foods will be added back into your diet slowly, usually by allowing you to consume one serving of each two to three times a week. Your body is still healing and adding back these highly sensitive foods without restrictions can cause your initial symptoms to return. It is recommended that you have your foods tested at least one more time after another three to four month period. If your sensitive foods test ok again they will be added back to your regular diet without restrictions. Allergy foods are those that remain on your avoid list. These foods are most often removed from your food list permanently. There may be some digestional supplements that would allow you to consume limited quantities of these foods. There are many people who have seasonal food sensitivities. These people find that a food or food group that had not given them a problem in one season continues to cause them problems in the next season year after year. There are a couple of theories as to why this occurs. People’s metabolism works differently each season as we adjust to temperature, light and seasonal demands. This change in metabolism can increase the ability to use a food in one season and decrease that use in another. The ability to eat locally grown foods is another theory as to why a food easier to digest one season and not the next. The heat of summer can interfere with the body’s ability to digest food. Some people are very heat /cold sensitive and changes in temperature can have a negative effect on their digestive system. If you have not been food tested you may be happy to know that Dr. Stemper uses a non-invasive method to perform food tests. The entire test lasts about an hour and includes a food chart, diet suggestions and handouts for those who may need additional information to remove or add foods to their new diet. Most people notice a positive change within the first two weeks of a new diet. If you do not feel any better or are having difficulty making diet changes please bring these concerns with you to your two week follow up appointment. While it may not be necessary for you to be food tested again after your first year as one of our patients it never hurts to check, so please ask during your appointment if a follow up food testing would be beneficial to you. Communication is a very important part of your treatment. If you have any questions at any time you are encouraged to call. Contact Us: Info@SherryStemper.com | Sherry L. Stemper. N.D. 2270 Park Avenue, Bridgeport, Connecticut 06604 | Map it.”

091. ND Ferraro ND Ouano Pages at skymeadowcounseling.com

a) from skymeadowcounseling.com/sarah-ouano%2C-nd:

“Sarah Ouano, ND. Dr. Sarah Ouano is a licensed naturopathic physician (CT, VT), certified wellness counselor, and certified lactation support counselor, who currently resides in Illinois. She provides naturopathic telemedicine services to patients in Connecticut at Sky Meadow Counseling and Wellness. Experience: With a background in neurobehavioral health, Dr. Sarah completed her residency in 2013 and has since gained over a decade of experience in the supplement industry and as a medical ghostwriter. Now, she is delighted to have returned to direct patient care, focusing on: Lyme Disease and coinfections PANS/PANDAS Autism Spectrum Disorder Trauma-based behaviors. Special Interests: As an adoptive parent, Dr. Sarah is a passionate advocate for families navigating the foster system and post-permanency. Her personal experience informs and inspires her extensive clinical work supporting this resilient population. Outside of her virtual office, she can be found with her wife and kids, tending to their backyard vegetable garden, exploring the Chicago food scene, and planning their next trip to the Happiest Place on Earth. Dr. Sarah believes that true vitality flourishes within a diverse and supportive community. She is committed to collaborating with your existing healthcare team to build a solid foundation for your health and well-being. Insurances Accepted: Dr. Sarah is currently accepting Aetna, Anthem, CIGNA, ConnectiCare, Harvard, HUSKY, and United Healthcare. Insurances will be updated as Dr. Sarah is fully paneled. Please check with our office if you have an insurance not listed. Location and Availability: Dr. Sarah is currently offering telehealth appointments and actively accepting new clients.”

b) from skymeadowcounseling.com/shiana-ferraro%2C-nd:

“Shiana Ferraro, ND, MSAc. Dr. Shiana “Shi” Ferraro is a licensed Naturopathic Physician, acupuncture specialist, and a proud member of both the Connecticut Naturopathic Physician’s Association and Pediatric Association of Naturopathic Physicians. Dr. Shi earned her Doctorate of Naturopathic Medicine (ND) from the University of Bridgeport College of Naturopathic Medicine (UBCNM), and her Master of Science in Acupuncture (MS), Magna Cum Laude, from the University of Bridgeport Acupuncture Institute. While in medical school, she also became certified as a placenta encapsulation specialist through the International Placenta and Postpartum Association. After working some years as a UBCNM Student Representative for Priority One Nutritional Supplements, she was later promoted to Sales and Product Consultant for the Northeast. Prior to entering medical school, Dr. Ferraro worked for years in healthcare as a Certified Medical Assistant for multiple types of practitioners, conducted research for Dr. Donielle Wilson’s book, The Stress Remedy, and earned her Bachelor of Science in Health Sciences with a focus in pre-naturopathic medicine from the University of Bridgeport. Dr. Ferraro considers the fields of naturopathic and traditional Chinese medicine to be her calling, with principles that align with her own beliefs and moral standards around medicine and healthy living. She enjoys sharing her knowledge with patients and making sure they receive the most individualized holistic treatments. Her areas of interest in practice include: pediatrics obstetrics and gynecology/women’s health mental/emotional health neurological health all-things related to stress and the gut-

brain axis. Therapeutic treatment modalities that Dr. Ferraro utilizes in practice include lifestyle and nutrition counseling, vitamins, minerals, botanicals, homeopathy, hydrotherapy, holistic counseling, and physical medicine. Acupuncture serves as one of multiple modalities Dr. Ferraro finds effective in practice and may recommend this treatment to her patients on an individual basis. When she's not working or reading up on the latest research, Dr. Ferraro likes to spend her free time staying active outdoors, tending to her plants, taking nature photos, making a mess in the kitchen and going out with her husband for date night. Insurances Accepted: Dr. Shi is currently accepting Husky/Medicaid but will be fully paneled with all major insurances. Insurances will be updated. Please check with our office if you have an insurance not listed. Location and Availability: Dr. Shi is currently offering telehealth appointments and actively accepting new clients."

c) from skymeadowcounseling.com/red-light-therapy:

"LUMEBOX 2.0 Red Light Therapy Rental What is Red Light Therapy? Red light therapy (RLT) is a non-invasive treatment that uses low-level wavelengths of red or near-infrared light to stimulate natural healing processes in the body. The LUMEBOX delivers both Red (660nm) and Near Infrared (850nm wavelengths simultaneously from each bulb for maximum benefit. Immune support: Some studies suggest RLT may boost white blood cell activity, helping the body fight infections. Inflammation control: Can calm chronic inflammation, which is linked to many illnesses. Fatigue relief: May improve mitochondrial function, which helps with energy and recovery when you're run down. Respiratory health: Early research shows possible benefits in reducing inflammation in the lungs (helpful in conditions like asthma or post-viral recovery). Mood support: Can improve sleep and reduce seasonal affective disorder (SAD), which often worsens when you're sick. How does Red Light Therapy Work? The light penetrates the skin and is absorbed by the cells, especially the mitochondria (the "powerhouse" of the cell). This boosts energy production (ATP), which helps cells repair and function better. Both red light at 660nm and near infrared light at 850nm have been shown to enhance cellular function. The primary difference is that NIR has been shown to penetrate deeper than red light. Because of this: Red light is better for skin issues NIR is better for deeper tissues like muscle and joints. If you are unsure if you should use NIR or red light, LumeBox recommends using the combined mode with both NIR + Red. Rental Options: Interested in utilizing Red Light therapy from your home? Our office will ship the LUMEBOX 2.0, stand, and protective eyewear to your home. Cost: $50 per week - 5 days from time of arrival to patient home. Rentals will be charged in one week increments with a return date. Patients will be responsible for mailing back the LUMEBOX at the end of the rental period in prepaid mailer. Patients will be asked to sign an agreement which will include further information on Red Light Therapy but for further questions please visit the Lumebox FAQ page at https://thelumebox.com/pages/faq."

d) from skymeadowcounseling.com/services:

"What to Expect. At Sky Meadow Counseling and Wellness, we've created a confidential and supportive space where you can feel comfortable opening up. Your

first step with us is a comprehensive intake assessment, allowing us to understand your unique needs. From there, we'll work together to build a personalized treatment plan and decide on a session schedule that's right for you. This is a collaborative journey. While we'll guide you, you are always in control of the pace in this safe and non-judgmental environment. Ages We Serve. We provide counseling services for clients ages 10 and up. Naturopathic medicine is available for all ages, including infants. Naturopathic Medicine: Naturopathic medicine is a path to lasting wellness. It's a holistic approach that honors your body's incredible ability to heal itself. Our naturopathic doctors use natural and effective therapies—like personalized nutrient therapy and herbal medicine—to understand and address the root cause of your health concerns. We'll work with you to develop a plan that promotes prevention and vitality, empowering you with the tools you need to achieve true health for your mind, body, and soul. Red Light Therapy Rental: Interested in utilizing Red Light therapy from your home? Red light therapy (RLT) is a non-invasive treatment that uses low-level wavelengths of red or near-infrared light to stimulate natural healing processes in the body. The LUMEBOX delivers both Red (660nm) and Near Infrared (850nm wavelengths simultaneously from each bulb for maximum benefit."

e) from skymeadowcounseling.com:

"At Sky Meadow Counseling and Wellness, we believe in the power of a holistic approach to health. We're here to help you navigate your wellness journey by focusing on the connection between your mind, body, and soul. Our providers, including both individual therapists and naturopathic doctors, work together to offer a unique path to healing. We know that true wellness is not one-size-fits-all. That's why we take the time to get to know you, build a trusted therapeutic relationship, and create a personalized plan that fits your unique needs. Every step of the way, our promise is to treat you with respect, listen to your story, and ensure you feel seen and valued. Our Treatment Focus: Our practitioners specialize in anxiety, depression, trauma, life changes and stressors, as well as chronic illness, tick-borne diseases, PANS/PANDAS, and Autism Spectrum Disorder. Further details in the 'Meet our Team' section. Our Patient Promis. At Sky Meadow Counseling and Wellness, we are dedicated to providing the highest level of care to our patients. Our promise to you is rooted in trust, compassion, and excellence. Get in Touch Address 51 Depot Street Suite 202, Unit D Watertown, CT 06795 Phone 475-559-6988 Email intake@skymeadowcounseling.com Hours Monday through Friday 9 am - 5 pm ET By Appointment Only."

f) from skymeadowcounseling.com/areas-of-specialty:

"AREAS OF SPECIALTY Anxiety Depression Mood Disorders Life Transitions and Stressors Trauma and Post Traumatic Stress Disorder Attention Deficit Disorder (ADD) Grief and Loss Communication and Relationship Issues Perinatal Mental Health Parenting Challenges and Communication with Children Child and adolescent behaviors linked to trouble at school or school refusal Chronic and Terminal Illness Chronic Pain Medical and Physical diagnosis or symptoms impeding life function Lyme Disease and Tick-borne Illnesses PANS/PANDAS Dysautonomia Autoimmune

Disorders Caregiver Support and addressing Fatigue. Please check providers specialties in the "Meet the Team" section.”

092. ND Munro Pages at natureshelpermedical.com

a) from natureshelpermedical.com/naturopathic-medicine:

“Naturopathic Medicine What is a Naturopathic Physician? Naturopathic physicians obtain comprehensive training in both the medical sciences and various disciplines of alternative medicine at a four-year medical school. They provide both routine medical care and address chronic health problems in way that supports the whole person. What is Naturopathic Medicine? The modern practice of Naturopathic medicine is based upon both on traditional methods of healing and cutting edge scientific research. Typical Naturopathic treatments include nutritional and lifestyle counseling, herbal medicine, homeopathy, therapeutic use of vitamins, minerals, amino acids, and essential fatty acids, physiotherapy, spinal manipulation, mind-body medicine, and occasionally pharmaceutical drugs. Whenever possible Naturopathic doctors use supportive and non-suppressive treatments in order to allow the body to naturally heal. When appropriate, nutritional supplements may be used in the place of pharmaceutical drugs to control symptoms with fewer side effects. Six principles explain the Naturopathic approach: Vis Medicatrix Naturae- The Healing Power of Nature Treat the Whole Person Primum Non Nocere- First Do No Harm Tolle Causm [sic] - Identify and Treat the Cause Prevention is the Best Cure Docere- Doctor as Teacher. The American Association of Naturopathic Physicians has defined the practice of Naturopathic medicine as follows: Naturopathic medicine is a distinct method of primary care- an art, science, philosophy and practice of diagnosis, treatment, and prevention of illness. The goal of Naturopathic medical treatment is to restore and maintain optimal health. Application of natural therapies strengthen, detoxify, and provide nutrition for the body. This leads to a feeling of well-being and a better quality of life.”

b) from natureshelpermedical.com/alternative-medicine-homeopathy:

“Alternative Medicine Or Holistic Medicine – What Does This Mean? Holistic Medicine. For holistic medicine consultations, contact Connecticut doctor Stacey Munro. Holistic medicine is not just eating healthy, it is an approach to the care of patients that any doctor, not just a natural medicine doctor might have. Holistic medicine involves the body, mind, and spirit, instead of just treating sick “parts”. A Naturopathic physician applies natural treatments to benefit the whole person. Looking for holistic medicine treatment in Connecticut? Contact Dr. Munro today. Alternative Medicine. Alternative Medicine practiced at Nature’s Helper Naturopathic Clinic in CT. Alternative medicine consists of a wide range of practices, products, and therapies not typically used by conventional medical practitioners. These include nutritional and lifestyle counseling, homeopathy, herbs, supplements, and other natural remedies. Alternative medicine can be an adjunct to, or an alternative to the conventional medical approach, which relies heavily on medications. As research validates alternative medicine, it is becoming more widely accepted. Curious about alternative medicine for women’s health conditions. Complementary Medicine. Complementary medicine is using alternative treatments

along with conventional medicine. This approach may provide increased effectiveness, relief from medication side effects, and quicker recovery while going through a conventional treatment. An example is a cancer patient receiving dietary counseling and nutritional supplements during or after chemotherapy treatments. Everyone can benefit from a holistic medicine approach to their health! What Are Homeopathy Treatments? Dr. Munro is experienced in homeopathy treatments. Her clinic is located in Suffield, CT. Homeopathy is a system of medicine based on the philosophy of “like treats like”. In homeopathy, the dose of medicine is very small. Choosing the correct homeopathic remedy is like using noise cancelling headphones, the energetic pattern of the remedy cancels or modifies the disease. Homeopathy is used for acute and chronic conditions. It is safe for pets and babies and does not have any drug interactions. Naturopathic physicians practice many types of natural treatments, including homeopathy, in accordance with their unique philosophy.”

c) from natureshelpermedical.com/prevent-and-treat-covid-19-and-other-viruses-naturally:

“Prevent and Treat Covid-19 (and Other Viruses) Naturally. This past weekend in the U.S. we transitioned from Covid-19 being a nuisance to our daily routine to community quarantine with schools, movie theaters, churches, and gyms closing. Although there are still relatively few diagnosed cases in the US, the numbers have been climbing. Most of us are limiting our exposure, but some daily interaction with other people is inevitable unless you and your entire family are quarantined at home. If you do get sick, immune support may be helpful, but your body is going to have to fight a powerful and damaging virus. That is why the saying goes “An ounce of prevention is worth a pound of cure”. Immune system boosters are great for prevention: My favorites for general immune support include elderberry syrup (anti-viral), vitamin C, and zinc. I also use larch arabinogalactans, which have a dual purpose of feeding the good bacteria in the gut (which in turn boosts the immune system). There are many herbal formulas, including some specific for fighting viruses. Herbs that you may find in these products include Andrographis, licorice root, Chinese skullcap, and Japanese Knotweed. Rhodiola and medicinal mushrooms such as Cordyceps reduce autoimmune damage to cells, which can be triggered by a viral illness. We still have some immune support in stock. Give us a call if you are looking for something! What else can you do to prevent getting sick (besides avoiding people): It is always advisable to get enough rest, eat healthy, exercise regularly, and limit sugar. One of the great Naturopathic immune boosters is a hydrotherapy treatment called Wet Socks. Instructions for Wet Socks treatment Wet Socks treatment is done at night before bed. It is appropriate for anyone who is normally healthy, including children. It is not appropriate for the elderly, immune compromised, or severely depleted individual. It can be repeated as needed and is surprisingly relaxing. Dr. Stacey Munro is a Naturopathic physician located at Nature’s Helper Naturopathic Clinic in Tariffville, Connecticut. www.Natureshelpermedical.com”

d) from natureshelpermedical.com/i-had-covid-19-natural-immune-boosting-treatments-2:

“I Had Covid -19! Natural Immune Boosting Treatments. I want to start by saying that anyone who lost a family member or has dealt with ongoing symptom due to a Covid -19 infection, I am truly sorry. This virus has mutated and clearly affects people differently depending on their age and health. I happened to contract Coronovirus a week before Christmas 2021. I always wore my mask in public and I limited contact with groups of people. There were some natural immune boosting treatments that I did right away that I believe helped keep my symptoms very mild. Immune health starts with your food. A diet of whole foods including many servings of vegetables daily, is a foundation for good health. Prebiotic fibers found in vegetables, such as leeks, onions, and garlic, provide food for the beneficial bacteria in the gut. These bacteria can then act as regulators of the immune response. Beneficial bacterial not only act as a barrier to disease-causing bacteria, but they also produce anti-microbial compounds. When you feed gut bacteria white flours, sugar, and processed foods, the unhealthy bacteria and yeast flourish. They don’t help the immune system and may cause other diseases. You can’t just take a “prebiotic supplement” and expect the same benefits. Many of these contain FOS (fructooligosaccharides) which are non-specific in feeding both good and bad bacteria. There are more beneficial forms of supplemental prebiotics, but it is best to get them from the diet. Anti-Viral Herbs and supplements. I have been taking these all Fall and Winter, which most certainly helps me to avoid colds and the flu. Obviously it didn’t prevent my getting the highly communicable Coronavirus, but taking this throughout my infection may have reduced its duration and severity. I took vitamin C, zinc, and vitamin D, as well as medicinal mushrooms, and herbs. (Warning -high doses of zinc for too long can affect the balance of other minerals). We sell immune support formulas that are appropriate for daily use as well as those to take when you want an extra immune boost. Check out my online dispensary! As with anything, there is no guarantee that a supplement will prevent or alter the course of an infection, but it is worth a try because it is safe for most people. Wet-Socks Treatment – An Immune Boosting Superstar. This was the star in my arsenal and what I believe made the most difference. Wet Socks is a Naturopathic hydrotherapy treatment that utilizes alternating hot and cold water to stimulate the body’s immune response. What you need: A water-tight receptacle large enough for both feet. I recommend having two, one for hot and one for cold water. A pair of thin cotton socks. Thicker socks made from wool or synthetic material (not cotton) that can completely cover the thin socks. I have a pair of wool hiking socks that I use for this purpose. Fill one container with hot water (I use the bathtub) and a second container with cold water (I use a bucket). The extreme of hot and cold is whatever you can tolerate, but make sure not to burn yourself! If you are brave enough to add ice to the cold water, go ahead. Start with your feet in the hot water. I leave them for a minute or two (to let them adjust). Then plunge them into the cold. You may want to leave them here for 30 seconds or so. It is going to be intense. Then back to the hot water. Meanwhile put the thin cotton socks in the ice cold water. You need to wring out the socks well so they aren’t dripping. Remove your feet from the bath and towel dry them. They may appear bright red. Put a wet sock on each foot and then cover with the dry thicker sock. Go straight to bed. You want to leave the socks on at least until they are dry which will happen overnight. It is surprisingly relaxing. Contraindications to Wet Socks Treatment. The

Wet Socks treatment can be used anytime you want an immune boost. It is not appropriate for someone with a weakened immune system or a very young child (under 5). Do not do this if you have neuropathy from diabetes or another cause that affects the feeling in your feet. You may also want to use caution if you have a serious heart condition such as an arrhythmia. For advice on supplements and dietary changes to maximize your immune response please call the office to schedule an appointment. Nature's Helper Naturopathic Medicine 2 Tunxis Road Ste 116 Tariffville, CT 06081 860-217-1074 www.NaturesHelperMedical.com."

e) from natureshelpermedical.com/about/:

"About. Dr.-Stacey-Munro. Dr. Stacey Munro is a Naturopathic physician who specializes in the treatment of chronic health conditions. Naturopathic medicine treatment supports the innate self-healing ability of the body, also known as the Vis Medicatrix Naturae or the Healing Power of Nature. Dr. Munro prescribes dietary and lifestyle changes, nutritional supplements, herbal medicine, and other therapies as prevention and treatment for disease. Following Naturopathic philosophy, she looks for the root cause, rather than just treating symptoms. Originally from Vancouver, Canada, Dr. Munro spent most of her life in Portland, Oregon. She received a Bachelor of Science from Oregon State University in 1995. During college and shortly after, she traveled extensively in Europe, Asia, and Australia. She returned to Portland, Oregon to attend massage school at the East-West College of the Healing Arts. Following a dream to become a Naturopathic physician, she completed her pre-medical studies at Portland State University. In 2001, she enrolled in the Southwest College of Naturopathic Medicine, one of five Naturopathic medical schools in the United States, located in Tempe, Arizona. She graduated from the Southwest College of Naturopathic Medicine in 2005. In 2007, she traded sunscreen for a snow shovel and opened Nature's Helper Medical Clinic in Northern Connecticut. Education: 2001- 2005- Doctor of Naturopathic Medicine, Southwest College of Naturopathic Medicine, Tempe, AZ 1998-2000- Post-Baccalaureate studies, emphasis Pre-Medicine, Portland State University, Portland, Oregon 1996-1997- Licensed massage therapist, East-West College of the Healing Arts, Portland, Oregon 1991-1995- B.S. Liberal Studies, Oregon State University, Corvallis, Oregon. Employment: January 2007- Present- Self-employed owner and Naturopathic physician, Nature's Helper Naturopathic Clinic, Tariffville, CT. ARE Clinic- Phoenix, AZ. Southwest Naturopathic Medical Center Laboratory, Tempe, AZ. Stress Knot Massage, Phoenix AZ."

093. ND Soalt Pages at drstephaniesoalt.com

a) from drstephaniesoalt.com/bio:

"The combination of naturopathic medicine and creative arts therapies is unique. The integration of these modalities allows Dr. Soalt to address the physiological dysfunction and nutritional needs of the individual as well as developing appropriate strategies to address social, behavioral, emotional, sensory, and cognitive issues. Dr. Soalt is a distinguished Naturopathic Doctor with a rich background in creative arts therapy. Holding a Doctorate in Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine and a Master of Science in Art Therapy

from the College of New Rochelle, she brings a unique and holistic approach to healthcare. Dr. Soalt specializes in treating children and adolescents, particularly those facing autism, ADHD, and a range of behavioral, emotional, and social challenges. In her practice, Dr. Soalt focuses on uncovering the underlying causes of health issues, rather than just addressing the symptoms. Her method includes thorough patient consultations, comprehensive physical examinations, and the use of both standard and specialized lab tests. She creates personalized treatment plans that cater to the individual needs of each patient, emphasizing a holistic treatment approach. Dr. Soalt is dedicated to involving her patients in their own care, encouraging their active participation to achieve and sustain their best health. She values open communication, ensuring that her patients fully understand their treatments and feel comfortable asking questions. Her commitment to helping children and adolescents with special needs was sparked in 1995, starting with her transformative work with a 6-year-old boy diagnosed with autism named "Max." Witnessing his remarkable progress fueled her passion and solidified her dedication to challenging cases, always seeking natural and effective solutions. Dr. Soalt offers her expertise in naturopathic medicine at Absolutely Healthy Living Center in Shelton, CT. Her experience extends beyond clinical practice; she has served as an art therapist in various settings, including The Hospital of Saint Raphael in New Haven, CT, and has significant experience with educational systems, having taught in elementary to high school settings and worked with Individualized Education Program (IEP) plans. Dr. Soalt's approach is not just about healing; it's about empowering her patients and making a lasting difference in their lives.”

b) from drstephaniesoalt.com/naturopathy:

“Naturopathic Medicine. Naturopathic Medicine treats health conditions by utilizing the body’s inherent ability to heal. There is a concentration on whole-patient wellness through the integration of mind, body, and spirit. The medicine is tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine attempts to find the underlying cause of the patient’s condition rather than focusing solely on symptomatic treatment. Naturopathic physicians are trained as general practitioners and treat a wide variety of acute and chronic illnesses. The foundation of naturopathic diagnosis is a comprehensive patient history, physical examination, review of medications, and evaluation of appropriate laboratory tests and diagnostic imaging. Principles of Naturopathic Medicine. The Healing Power of Nature: Trust in the body’s inherent wisdom to heal itself. Identify and Treat the Causes: Look beyond the symptoms to the underlying cause. First Do No Harm: Utilize the most natural, least invasive, and least toxic therapies. Doctor as Teacher: Educate patients and encourage self-responsibility for health. Treat the Whole Person: View the body as an integrated whole in all its physical, emotional, and spiritual dimensions. Prevention: Focus on overall health, wellness, and the prevention of disease.”

c) from drstephaniesoalt.com/naturopathic-services:

“Clinical Nutrition: Nutrition and the therapeutic use of foods has always been a pillar of naturopathic medicine. Many health conditions can be treated as effectively

with foods and nutritional supplements as they can be by any other means, but with fewer complications and side effects. Botanical Medicine: Botanical medicine is the use of plants to promote health and treat illness and imbalances in the body. The organic nature of botanical medicines makes them compatible with the body's chemistry. They are very effective at treating both causes and symptoms safely at therapeutic dosages. Homeopathy: Homeopathic medicine is based on the principle of "like cures like." It works on a subtle, energetic level to activate the body's innate healing capacity. Homeopathic remedies are potentized dilutions of a variety of plant, mineral, and chemical substances. Lifestyle Counseling: Mental attitudes and emotional states can play an important role in one's health. Lifestyle counseling, stress management, and mind-body techniques are used to achieve and maintain optimal health. Massage Therapy: Massage therapy improves health by acting directly on the muscular, nervous, and immune systems. A variety of techniques are used to enhance function, reduce pain, aid in the healing process, and promote relaxation and well-being."

d) from drstephaniesoalt.com/autism:

"Autism is as unique as your child. Treatment needs to be as well. The causes of autism are multifactorial and the presentation is complex. Coupled with the social, behavioral and cognitive components of autism are a host of health issues including genetic susceptibilities, nutritional deficiencies, digestive problems, food allergies, gluten and casein intolerance, yeast, viral, and other infections, autoimmune issues and heavy metal toxicity. These underlying medical issues can cause or contribute to autistic behavior. Dr. Soalt utilizes a wide variety of diagnostic tests to assess underlying body function, identify nutritional deficiencies, and address genetic susceptibilities. She collects and analyzes the information, and along with a detailed health history, and comprehensive physical exam, Dr. Soalt develops an individualized treatment plan, tailored specifically to meet the needs of each child. Dr. Soalt employs the use of various natural therapies including nutrition, botanical medicine, homeopathy, hydrotherapy, craniosacral therapy, and creative arts therapies. Dr. Soalt's approach to treating autism is comprehensive. She has extensive experience working with children and adolescents with autism as a naturopathic physician and creative arts therapist. Through the integration of naturopathic medicine and creative arts therapies, Dr. Soalt is able to address underlying physiological dysfunction and develop appropriate strategies to address social, behavioral and emotional issues. This results in a greater sense of wellness and improved quality of life."

094. ND Sousa pages at drstephaniesousa.com

a) from https://www.drstephaniesousa.com/services:

"Diet and Clinical Nutrition: Food is utilized for both health promotion and disease prevention. Diet recommendations are individualized to the patient. A typical diet will be whole-food based rich in fruits, vegetables, whole grains, legumes, wild caught fish, grass fed animal proteins, whole dairy products. Behavior Change: Emphasis is put on living healthfully, and one must work at it on a daily basis. Basic counseling, lifestyle modification, and stress management are examples of the type

of naturopathic support offered to patients. A naturopathic doctor will spend quality time listening to the patient in order to gain an understanding of how they live and strengthen the physician-patient relationship. Hydrotherapy: Hydrotherapy is the external or internal use of water in its many forms (ice, water, steam) for health promotion and disease prevention. Many of the treatments can be applied at home, making them cost effective and accessible for the patient. Homeopathy: Substances made from plants, minerals or animals which are known to cause symptoms of similar to a certain disease are given to patients in an extremely diluted form. Homeopathic remedies help stimulate the self-healing process. Botanical Medicine: Herbal medicines can be prepared as teas, tinctures, poultices, balms, baths, elixirs, compresses, oils, syrups, suppositories, and capsules. Herbal prescriptions are based on the uniqueness of each patient and their presenting symptoms. Conditions Treated: Acne Allergies Anxiety/Depression Arthritis Colds/flu Diabetes IBS Cronhs [sic] Disease/Ulcerative Colitis Fatigue Fibromyalgia High blood pressure High cholesterol Infertility Insomnia Menopausal symptoms Migraines Mold sickness PCOS Sinusitis Stress Thyroid disease Weight management... and more."

b) from https://www.drstephaniesousa.com/principles:

"The Principles of Naturopathic Medicine. First Do No Harm: Utilize the most natural, least invasive and least toxic therapies. Treat the Cause: Look beyond the symptoms to the underlying cause. The Healing Power of Nature: Trust in the body's inherent wisdom to heal itself. Doctor as Teacher: Educate patients in the steps to achieving and maintaining health. Treat the Whole Person: View the body as an integrated whole in all its physical and spiritual dimensions. Prevention: Focus on overall health, wellness and disease prevention."

c) from https://www.drstephaniesousa.com/about-us:

"About Dr. Sousa. Hello! I'm so happy that you have found my website. Are you someone who is not sure where to start with with "healthy" eating or perhaps you've tried making different diet changes but haven't seen any changes on the scale. Are you taking supplements but aren't sure if they are benefiting you? Then you've reached the right place. I know you want to make informed decisions about your health. I can help you with that. I can offer you a personalized health plan and prescribe natural medicines that will help you start healing from your chronic illness. If you are ready to experience a high level of care, I invite you to do 3 things right now: 'Like' my Facebook page by clicking here. I share a lot of great health and wellness tips to help you live a better life. Follow me as well on Instagram @dr.stephaniesousa Call my office at 203.431.1688 so we can discuss your needs and set you up for your first appointment. As a CT licensed naturopathic physician, I was trained to prevent, diagnose, treat and manage acute and chronic conditions. No single approach is good for each patient. The tools I use include personalized diet plans, nutritional counseling, vitamin and mineral support, herbal medicine, hydrotherapy, homeopathy, lifestyle coaching, and wellness education. For a list of conditions I frequently treat, click here. My educational background includes my doctorate from the University of Bridgeport College of Naturopathic Medicine in Bridgeport, CT, one of the six nationally accredited naturopathic medical schools in the country, with additional training from the Canadian Academy of Homeopathy.

Prior to earning my doctorate, I attended Western Connecticut State University in Danbury, CT (my hometown) and earned a Bachelor of Science in Health Promotion Sciences with a concentration in Wellness Management. I am a member of the: Connecticut Association of Naturopathic Physicians, Christian Association of Naturopathic Physicians, Naturopathic Institute of Medicine [sic] . I work and live in the beautiful state of Connecticut. Outside the office I enjoy spending time making my house a home for my sons and traveling with my husband David. My family and friends mean the world to me and I try to take advantage of every second I am able to spend with them. I do my best to live a naturopathic life including eating clean, getting plenty of sunshine, and using hydrotherapy techniques on a daily basis. Reach out to me with questions, I want to be a part of your health care team."

c) in relation, from https://naturopathicmedicineinstitute.org/about/:

"About NMI. CELEBRATING THE HEALING POWER OF NATURE. A HEALTH-CENTRIC APPROACH TO HEALTHCARE. The Naturopathic Medicine Institute is a non-profit organization founded by the stewards of the field of Naturopathic Medicine to address the need for bold leadership, continued education, research, advocacy, collaboration and support in the field of Naturopathic Medicine. The Naturopathic Medicine Institute's mission focuses on providing education about fact-based, natural medical treatments that support the individual's innate vital force for healing, rather than immediately resorting to invasive or ultimately debilitating conventional medical treatments. "THE PHYSICIAN'S HIGH AND ONLY MISSION IS TO RESTORE THE SICK TO HEALTH – TO CURE, AS IT IS TERMED." ~ Samuel Hahnemann, The Organon of Medicine. ADVANCING VITALISTIC NATUROPATHY. The Naturopathic Medicine Institute aims to demonstrate how utilizing natural treatments supporting the body's innate vital force for healing allows each of us to reach our highest potential. We seek to provide effective and affordable health care to people seeking restoration of their health while expanding the availability of health care providers who use naturopathic therapies with maximum effectiveness. DEMONSTRATING WISDOM. We demonstrate our wisdom when we recognize that medicine is an art where experience is valued and informed by real, proven science. At the Naturopathic Medicine Institute, we base our actions on an internally consistent framework of principles. We acknowledge that knowledge is not merely an accumulation of information, but a constant exploration of the body and its innate connection to a vast natural world. PRACTICING INTEGRITY. We believe in following the Vitalistic path of Naturopathic Medicine and strive to practice consistency with everything we do. Striving for a culture of personal integrity, our programs are cohesive and created with intention. We acknowledge that it is a "calling" to teach and work for the Naturopathic Medicine Institute and in return we firmly believe that our community is our greatest asset. CREATING EXCELLENCE. Holding ourselves to the highest standards, we insist upon offering superior quality education, physical products and service offerings. The Naturopathic Medicine Institute strives for mutual respect and regard while communicating with members. Our organizational culture is filled with fun, health and respect. The Naturopathic Medicine Institute reflects the fundamental principles of the healing power of nature – joy, fun and creativity."

095. ND Khaira at carehealthandwellness.com

a) from https://carehealthandwellness.com/drsukhdeepkhaira:

“Dr. Sukhdeep Khaira (Sunny). Licensed Naturopathic Physician in Connecticut. She holds a Doctorate in Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine where she now serves as the Dispensary Coordinator in the Naturopathic Dispensary at UB Clinics. She received a degree in Psychology from the University of Akron. Dr. Sunny is a member of the American Association of Naturopathic Physicians and the Connecticut Naturopathic Physicians Association. She has advanced training in classical homeopathy from the New England School of Homeopathy as well as certifications in CranioSacral Therapy, First Line Therapy and Facial Rejuvenation Acupuncture. She is also an active member in the Junior League of Greater New Haven. She enjoys cooking and eating food, crochet and being outdoors. Dr. Sunny provides primary medical care using natural therapies to help prevent and treat disease, with a focus on bringing the body back to balance by factoring in body, mind, spirit and lifestyle for each individual. This is achieved using combinations of personalized diet, lifestyle modification, homeopathic remedies, herbal medicine and other mind-body techniques.”

b) from https://carehealthandwellness.com/services:

“Naturopathic Medicine. Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals’ inherent self-healing process. Our naturopathic doctor prescribes holistic medicine and natural medicine to build full-body wellness. Acupuncture. Acupuncture is one of the oldest, most commonly used medical procedures used in the world. It is an alternative medicine that originated in ancient China that treats patients by stimulating various points on the body. Our gentle needling techniques have shown to be a great adjunct with other treatments for pain relief and to restore a healthy state of balance.”

096. ND Cucchiara ND Sparks Pages at naturallysue.com

a) from naturallysue.com/naturopathic-medicine:

“Welcome to the world of Naturopathic Medicine. What does Naturopathic Medicine entail. + how can it help me? NATUROPATHIC MEDICINE. recognized as one of the original systems of medicine. Naturopathy offers safe, effective patient-centered care that is a vital part of healthcare in the twenty-first century. Naturopathic medicine emphasizes prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals’ inherent self-healing process. The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Six Principles of Naturopathic Medicine: The healing power of nature Identify + Treat the Cause First do no harm Doctor as teacher Treat the whole person Prevention. Naturopathic practice includes the following diagnostic and therapeutic modalities: clinical and laboratory diagnostic testing, nutritional medicine, botanical medicine, naturopathic physical medicine (including naturopathic manipulative therapy), public health measures,

hygiene, counseling, minor surgery, homeopathy, acupuncture, prescription medication, intravenous and injection therapy, and naturopathic obstetrics (natural childbirth). Depending on where the physician is located + licensed, there will be a scope of practice they must abide to."

b) from naturallysue.com/about:

"About Naturally Sue Wellness: Holistic Naturopath in NYC. Naturally Sue Wellness. about Us Naturally Sue Wellness was born in 2015 when I completed Naturopathic Medical school. With the help of an outstanding office manager, we built this business from the ground up. We have Dr. Sparks, a fellow classmate from SCNM, who has been seeing patients in my virtual practice to serve as an extension of myself. Alongside her ND degree, Dr. Sparks is also an acupuncturist and has a Masters in Chinese Medicine. This brings even more depth to the practice. I couldn't be happier with this team of incredible women who are all working together to bring you the best patient experience, the natural way. Naturally Sue Wellness hosts corporate wellness events and teaches virtual workshops. group of crystals, ginger, and cinnamonDr. Susan Cucchiara N.D. Do you feel like you are constantly searching? Searching for a better idea of who you are? Searching for what sets your soul on fire? For how to heal; mentally, physically, and spiritually? I understand you, because my journey has been just that. The search is a lifelong mission and as we follow our intuition, our health and aspects of our lives begin to fall into place. From advertising executive in NYC to now a Naturopathic Doctor in LA, I clearly have never stopped searching for what I can do in this world that allows me to give back to humanity, as well as dig deep within myself to heal myself, and those around me. Transitioning from NYC to AZ, to pursue an education as a Naturopathic Doctor, from a career in advertising was nothing less than daunting. It was however the best decision I have made in my life and have zero regrets. It has helped me find the root cause of my health issues which I continue to work on each and every day. It is through my own hardships in health and past trauma, that I have been able to help the patients who end up in my care. The patients that land on my schedule are those who are truth seekers, know there is a better way to heal than conventional medicine and love that I can relate to them, as a human, just as they are. A human who understands hardship and helps others rise above. Dr. Susan Cucchiara's Professional Bio. Dr. Susan Cucchiara is a Naturopathic Doctor who graduated from Southwest College of Naturopathic Medicine in Tempe, Arizona. She is trained as a primary care physician and is an expert in natural and holistic health. Dr. Cucchiara sees everyone from pediatrics to geriatrics and treats everything from the common cold up and through chronic diseases. She does so using safe and effective healing techniques specifically tailored to each unique individual. Dr. Cucchiara specializes in nutrition, metabolic disorders, gastrointestinal disorders, autoimmunity, mental health disorders, male and female hormone health, lyme, mold illness, and more! She develops a personalized treatment plan to address your health concerns utilizing single homeopathic remedies, bio-therapeutic drainage remedies, herbs, supplementation, nutrition and at-home remedies. Most of Dr. Cucchiara's practice is virtual over video/phone. She relocated in January 2020 from NYC to West LA. MEET THE team. Dr. Sparks. Dr. Sparks N.D., MAOM, LAC Dr. Sparks is a Mold

Literate Vitalistic Naturopathic Physician and Acupuncturist. She is passionate about helping patients achieve their optimal state of health through one-on-one patient visits and lecturing nationwide. Dr. Sparks graduated with honors from Sonoran University of Health Sciences in Tempe, AZ. She has also earned a master's degree in Classical Chinese Medicine from Daoist Traditions College in Asheville, NC. She truly believes in individualized care that encompasses mind, body and spirit. Dr. Sparks educates all patients on how to reclaim their health rather than simply cover up symptoms. She uses functional lab analysis combined with time tested natural therapies like Clinical Nutrition, Supplementation, Acupuncture, Chinese Herbal Therapy, Hydrotherapy, Western Botanical Medicine, Mind-Body Therapy and Homeopathy. She sees the entire picture, looks for the root cause and supports patients in walking the path to wellness that best suits them. Dr. Sparks has helped people with a vast array of issues including, mold illness, Lyme disease and co-infections, thyroid disorders, gastrointestinal disorders, respiratory issues, sleep, anxiety, depression, hormones, autoimmune disease, skin, EBV, chronic fatigue, men's health, pediatric issues and Women's Health from menstruation to menopause. "Dr. Sparks is a life savior! I was diagnosed with Lupus in 2015. By 2018 I was being told that it would be in my best interest to never have kids again due to my deteriorating health. Towards the end of 2020 I was tired of missing out on the fun times with my kids and wanted to take back my life. I found Naturally Sue and Dr. Sparks and took a leap of faith. I had multiple issues beyond the lupus such as bloating, IBS, fatigue, migraines and HPV. Dr. Sparks led the way for me to get healthy and solve my symptoms. By the end of 2021 my doctors told me I was clear to have kids as long as I could get off my prescriptions. As we slowly removed the prescriptions the lingering symptoms disappeared. I conceived my little miracle in February 2022 and all my labs showed complete Lupus remission. My little guy graced us at the end of November after an uneventful pregnancy. None of this would this would be possible without Dr. Sparks. I was worth the investment and so are you! Get your life back by working with this amazing team!"-B. Massie. CRISTINA CALVI, HEALTH COACH. Cristina Calvi is dedicated to helping clients achieve optimal health and wellness through personalized nutrition coaching, fitness coaching, spiritual coaching, and pantry organization. As a certified herbalist, Nutrition & Health Coach, Cristina specializes in gut health and overall well-being, and provides all-natural salves and customized meal plans to support her clients on their health journey. Her education and medical intuition is not the only thing driving her journey, she too was frustrated with doctors not getting to the root of her issues. About 12 years back she felt bloated, lethargic, brain fog, lack of motivation, back pain, hormonal imbalance, and overall awful. She exhausted every type of medical doctor, was told she was fine, and offered pharmaceuticals without any explanation of where her issues came from and how to resolve them permanently. She then was introduced to Dr. Sue, a life changing naturopath as she calls her, that had her feeling better in her forties than she did when she was in her 20's. Given the correct tools with lifestyle and food changes, herbal remedies, supplements, and stress relieving tools her life changed for the better from that moment on. Her diet was clean and healthy but some of the foods she was consuming daily she was intolerant to. All of this put her on her journey of gut health combined with overall whole health and pointed her in the direction to her

life’s purpose. Knowing the frustrations, exhaustion, and dead ends only fuels her passion to help others the way she has been helped. Cristina Calvi. Megan - Office Manager. Hi, my name is Megan and I am the office manager at Naturally Sue Wellness. I have been working for Dr. Susan since September 2016. My introduction to the Naturopathic Medicine field began when I met Dr. Susan in pre-med courses before she attended SCNM, the Naturopathic Medical school in Tempe, Arizona. We had an instant connection, which only made my decision in helping run her practice that much easier. I get such joy talking to all of the patients and potential patients and being the “voice” of the practice. I feel it is essential to be working with Naturopathic doctors to keep healthy, especially in the realm of prevention, so the devastating effects of lifestyle diseases can be avoided. A couple of packages that I would always recommend to the patients of Naturally Sue Wellness are the Basic Supplement starter kit and the Allure Cleanse, because I personally use them and have seen great benefits. The supplements in the basic starter kit give me a boost of energy and keep me stable throughout the day, which is very important to me as I speak to patients. I also loved doing the Allure cleanse, because I noticed a substantial difference in how I felt when I completed the program. It has helped me to keep up positive habits I developed while doing that cleanse. If you call the office, I look forward to chatting with you about how we can help you at Naturally Sue Wellness. Naturally Sue Wellness Logo testimonials See More Results Ready to feel like yourself again? Make An Appointment Click below to make an appointment for a virtual session with one of our doctors and naturopathy specialists. Together we will create a plan for you to move forward and find your light.”

c) from naturallysue.com/blog/boosting-immunity-naturally-during-winter-months/:

“Boosting Immunity Naturally During Winter Months. Winter: A time to stay cozy, to warm your soul with comfort foods, to read through your favorite novels, and for the unlucky majority — inevitably catch a cold or two. As snow flurries fall, cold and flu season sets in. The sniffles run rampant and the population is plagued by unwelcome symptoms that have us reaching for all of the remedies buried deep in our medicine cabinets. According to the Centers for Disease Control and Prevention, adults catch an average of 2-3 colds per year, and common knowledge reveals that most are experienced during the long stretch of winter months. Unfortunately, many mass-produced cold remedies are merely a band-aid to mask a much bigger issue: A total lack of immune support. But you’re in luck! Naturopathic Medicine is a highly effective avenue to address acute health concerns, including the common cold. In this blog, we’ll share our best tips to enhance immunity, our go-to vitamins for immunity support, and different tactics to aid in strengthening your immunity naturally. So prepare yourself a pot of tea, sit back, and relax because we’re driving right in! Table of Contents Immune Support Vitamins & Supplements Lifestyle Adjustments Foods & Drinks Rich in Vitamins & Nutrients Key Takeaways. Immune Support Vitamins & Supplements. Boosting your immune system is no easy feat. It takes the right resources, consistency, and a few of our favorite immune system boosters including vitamins and supplements. Here are the essentials that our team swears by: Ther-Biotic Complete Probiotic Buffered Vitamin C D-Mulsion 1000 A-Mulsion Liquid Zinc (Citrate) Selenium Elderberry Plus Syrup Imu-gen Echinacea

and Goldenseal Flu Nosode 2022-2023. HMF Immune Powder. Have you tried any of the vitamins or supplements mentioned? All of them can be found in our Platinum Cold/Flu Kit on naturallysue.com. Lifestyle Adjustments. Unfortunately, science and naturopathy have yet to find one magic pill or elixir to instantly boost our immune systems and cure the common cold. Until then, it's up to us to make necessary lifestyle adjustments that act as natural immune boosters. We may find ourselves feeling a bit sluggish and unmotivated during the winter months; both of which are natural physiological reactions to the colder temperatures and early sunsets. However, our immune systems can take a serious hit if we halt our day-to-day activities to instead spend our time snuggling up in bed from sunup to sundown. With that being said, it's more important than ever to engage in healthy activity. Whether you attend a workout class, go for a chilly run in the park, or simply follow a home workout routine on YouTube, getting up and moving is key to a healthy immune system. If you're struggling to find the motivation, we challenge you to reframe your mindset. Instead of, "I have to move my body," shift your mindset to an affirmation along the lines of, "I want to support my body with movement because my body deserves it." Nonetheless, boosting immunity during the winter months does not mean we must maintain a 'go, go, go' mindset. Our bodies require rest, relaxation, and quality sleep to fully recover. While we sleep, our bodies produce specialized white blood cells that play a critical role in our immune response to infections or other acute health concerns. So when we're instructed to 'take it easy' while battling sickness, there's a very good reason. Foods & Drinks Rich in Vitamins & Nutrients. Some of the best immune boosters are found at your local organic grocery store. Nutrient-dense foods are a key component to naturally boosting immunity. A few of our recommendations include: Organic berries Fermented foods such as sauerkraut, kim chi, vegan yogurts, etc. Wild fish with high levels of Omega-3 fatty acids, such as wild-caught salmon Organic citrus fruits High quality olive oil Dark leafy greens Organic Cold-pressed juices Green, turmeric, or ginger tea. While brainstorming your weekly grocery list, we encourage you to focus on incorporating nutrient-dense ingredients that play a role in improving your natural immunity. Key Takeaways. The winter months pose a special set of challenges, but nothing that you can't overcome with the right tools! Boosting immunity naturally is not only beneficial to your immediate health, but implementing the right immune-boosting strategies is shown to play a major role in your long-term well-being. It's time to take care of YOU! To make your wellness routine abundantly easier, we've curated a wide selection of supplement packs and protocols to kickstart your journey. Head to naturallysue.com to browse our hand-selected remedies that are available right at your fingertips — because you deserve good health. Cheers to a winter of good health and homeopathic remedies!"

d) from naturallysue.com/bioresonance-therapy/:

"Bioresonance Therapy in NYC: How It Works and Benefits What is Bioresonance Therapy? Bioresonance therapy is an alternative diagnostic tool used in energy medicine to assess the body's energetic flow and systems and stimulate its natural self-healing processes. It was invented in 1977 by Franz Morell and Erich Rasche. Bioresonance operates on the principle that every cell in the body emits vibrational

rhythms and patterns that can become disrupted by factors like illness, stress, or negative emotions. This tool gives an in-depth look at a person’s overall health and aids in understanding negative health symptoms by measuring the wavelengths emitted by cells. It then emits frequencies back to the body to help restore balance. Bioresonance is becoming more widely available in integrative healthcare practices, such as in naturopathic and functional medicine settings. Studies show it can ameliorate conditions such as allergies, chronic fatigue syndrome, digestive issues, and depression. However, evidence remains mixed. While scientific evidence for bioresonance is limited, it continues to be studied for its effectiveness. Despite the lack of robust clinical evidence, many individuals report personal benefits after bioresonance therapy. Although bioresonance has no negative side effects, it should be used as a complementary treatment, not a first-line therapy. In addition, it should be used under the guidance of a trained health professional. Bioresonance has the potential to help manage any side effects of conventional treatments and alleviate pain, and it may even enhance the effectiveness of conventional treatments and medications. Public Interest in Bioresonance Mainstream medicine has largely rejected bioresonance. However, this has not deterred public interest. Bioresonance therapy has grown in popularity, especially among those seeking alternative or holistic approaches to health and wellness. People are drawn to this therapy because it is non-invasive and gentle. It emphasizes restoring the body’s natural balance. Interest in bioresonance has also peaked among individuals seeking treatment options. It is a great option for people with a “mystery illness” which is an illness for which doctors don’t have a cause or treatment because symptoms don’t fit into a single diagnosis, or for individuals who are experiencing symptoms of illness but lab tests come back normal. Bioresonance is intriguing when there are seemingly no other answers or directions. Popularity for this technology has surged within communities interested in energy healing, natural medicine, and biohacking. Social media, wellness blogs, and alternative health practitioners have also helped raise awareness of bioresonance. Testimonials and personal anecdotes from users who report relief from conditions such as allergies, digestive issues, or chronic pain have fueled word-of-mouth recommendations. As research continues to survey and study how the body responds to energetic treatments, these modalities significantly impact conventional and complementary health industries. Naturally Sue Wellness Logo Fast Forward to Feeling Better Healing that Addresses the Root Cause Get Started (212) 652-2240 How Does Bioresonance Therapy Work? Bioresonance uses a device to measure change and the frequency of energy coming from the body to determine if any cells are out of balance. Those measures are then used to diagnose and correct disease or abnormalities. A practitioner will place electrodes at different points on the body, which are connected to a bioresonance machine. The electrodes pick up on the energy wavelengths from abnormal, damaged, or diseased cells or organs by reading their biomagnetic field. The device processes the information and calculates how much energy is needed to adjust or neutralize the abnormal signals from the body. Based on the information measured by the bioresonance machine, your practitioner can understand your body and functions and what additional treatments may be necessary to bring you healing. Bioresonance therapy aims to restore balance to the body’s energy system. It frees up blocked energy channels

and replaces negative energies with healing ones. The therapy seeks to restore normal rhythmic patterns and promote self-healing by the body's intelligence field. Common Misconceptions About Bioresonance. Bioresonance is a relatively new technology. It is not yet an approved standard of care or medically accredited, as studies are ongoing. The limited scientific evidence has made many medical community skeptical of bioresonance. It remains controversial, despite its popularity and growing interest in alternative healthcare. Bioresonance vs Conventional Electromagnetic Technologies. Despite what many think, bioresonance is not a replacement for conventional electromagnetic technologies used daily to assess human health such as EKG. MRI, X-ray, or PET scans. Unlike these technologies, bioresonance does not: create images of body parts or systems for diagnosis substitute for evaluation have established, standardized, or medically agreed upon diagnostic parameters. Bioresonance is a drug-free, non-invasive therapy that stimulates a change of frequency in the cells to restore natural balance. It is a complementary and supportive technology best utilized as part of a comprehensive treatment plan. It is not unlike other alternative healing modalities, such as acupuncture. Bioresonance Testing Vs Traditional Lab Work. Bioresonance is not the same as traditional lab testing. Traditional lab work involves analyzing samples of body fluid, tissue, or urine to assess a person's health using chemistry. Bioresonance can also be used to read specimens like hair, saliva, urine, and nail clippings. However, instead of looking for pathogens under a microscope, a petri dish, or through a chemical reaction, bioresonance measures the electromagnetic field being given off from the samples. Bioresonance is a technique for measuring and balancing the energy flow believed to be emitted from cells. There is no chemistry involved with bioresonance like there is with lab testing. Bioresonance can be an important complement to traditional testing. It has the potential to validate and support traditional testing by identifying the underlying dysfunction in the body. For instance, traditional lab tests may pick up on a thyroid condition. Bioresonance can support this result by pinpointing what is causing the thyroid condition, which helps determine a course for treatment that is effective and long-lasting, rather than just covering up symptoms. Variations of Bioresonance Therapy Explained/ There are various ways bioresonance testing can be performed. Some methods include using a machine called the Mora Nova device. This device uses electrodes that a patient holds onto and is connected to an electromagnetic receiver. The receiver reports on the energy picked up through the electrodes. Another variation includes the placement of electrodes on various parts of the body, rather than holding electrode handles. Specimens such as hair, skin, blood, or nails can be collected from a patient and tested in a lab using bioresonance technology, such as Multiple Analytic Resonance System (MARS III). New technology being studied is the use of an acoustic approach to bioresonance called sonic wave analysis. This approach utilizes recordings of a patient's voice to measure frequency abnormalities associated with certain physical and mental health conditions. It is particularly helpful for emotional health. Sonic wave analysis of the human voice is an emerging trend in bioresonance. It is at the forefront of conventional medical research in some of the nation's leading technological institutions of science. Beginning in 2025, Naturally Sue will begin offering sonic wave analysis as an option for patients. What Conditions Is Bioresonance Therapy Used For? Common

conditions that have been studied with bioresonance therapy include the following: Chronic fatigue syndrome Fibromyalgia Allergies Digestive issues Lyme disease Depression Smoking cessation Rheumatoid arthritis Skin conditions. Clinical evidence for the efficacy of bioresonance is limited, but the studies above show positive effects of the technology. Bioresonance can complement but not replace traditional treatments. It has been shown to help some people with pain management and side effects while undergoing traditional treatments. Will Bioresonance Results Match My Traditional Lab Work? Bioresonance may validate results from conventional lab tests. However, there are several instances in which it may not. This is because bioresonance testing is calibrated to a much more subtle detection spectrum. It is also based on a measurement of disruption patterns in the body rather than a simple molecular quantity or load of a substance. Bioresonance testing is able to dive into areas that may be missed or that are not typically looked at by conventional lab testing. It serves as a tool to explore areas for testing that conventional labs can then validate. Bioresonance can serve as an educational tool to optimize overall health and wellness. An example of how bioresonance can serve a patient in finding answers despite not being matched by traditional lab work can be seen in the following real-life patient example: Client Case Study. Sara, a patient complaining of persistent migraines, jaw bone pain, anxiety, and tachycardia after treatment for Lyme Disease came to Dr. Susan after spending tens of thousands of dollars on alternative testing with other providers. She was frustrated and concerned that such investment and testing had yielded very little in the way of insight or new information regarding her case. Dr. Susan saw Sara as a perfect candidate for bioresonance testing and recommended it to her. When the results were reviewed, Sara was shocked to see mercury as a central marker in her bioresonance testing. She explained to Dr. Susan she had not only had recent testing for heavy metals, but had completed several tests, and that they had never been remarkable. Dr. Susan then explained that the bioresonance testing suggested that even though her mercury levels were not found to be excessive in functional testing, her body’s immune system was EXCESSIVELY reacting to the mercury she did have. Furthermore, the particular tooth that Sara had a mercury filling in came up on her bioresonance scan. This allowed Dr. Susan to piece together Sara’s case to determine that even though this filling was intact and causing no direct issue of its own, the body’s immune system post Lyme disease was overtly agitated and reacting to it nonetheless. Dr. Susan recommended a biological dentist to address the tooth, and immune modulation therapy, of which Sara completed both and experienced a 50% improvement within just a single month. What Does the Research Say? Increasingly, integrative clinicians are experiencing success with bioresonance. Clinical research for bioresonance is emerging where objective data was once rare. Furthermore, mental health practitioners have started to utilize bioresonance. This has increased measurable data from both a somatic and psycho-analytical perspective. In one clinical study, bioresonance was in fact found to be more effective in the treatment of mild to moderate depression than pharmaceutical SSRI-based therapies. Figure 1. Evolution of the Hamilton scores. The differences were calculated for each patient. Group 1 obtained a higher decrease in the Hamilton score. The difference between the two data series was statistically different, based on the Student’s t-test ($P<0.0001$). Some recent studies

that suggest the potential effectiveness of bioresonance therapy include: One study showed a significant improvement in patients experiencing symptoms mostly nasal, followed by eye, respiratory, cutaneous, and gastrointestinal symptoms after having used bioresonance treatment. A 2019 study examined the effects of bioresonance therapy on patients with fibromyalgia, a chronic pain condition. After 12 weeks of therapy, patients reported a significant reduction in pain, fatigue, and depression compared to the control group. A study published in June 2021 concluded that phantom pain markedly improved after treatment with bioresonance technology. A study done on the effects of bioresonance therapy among cancer patients showed bioresonance therapy decreased to side effects of conventional cancer therapies, such as chemotherapy and radiation. Quality of life and palliation of patients was also improved. These recent studies suggest the potential benefits of this technology. More research is needed to fully understand the benefits and limitations of bioresonance therapy. What to Expect During a Bioresonance Session. During the initial visit at Naturally Sue, a patient can expect to be given a comprehensive medical history. For the doctor to understand your overall health and identify potential factors that could influence your bioresonance therapy they will discuss the following details with you: Details about your symptoms, such as severity, when they began, how they're impacting your daily life, etc. Details about current or past medications and treatments Goals for what you want and can expect from hormonal care History of previous diagnosis of disease. Evaluation of current diet and lifestyle. Together, you and your practitioner will determine whether bioresonance is a good fit for you based on your health history. Naturally Sue uses cutting-edge bioresonance voice technology. You will be asked to provide a voice recording that will be analyzed by the software. The software will measure for a variety of energetic biomarkers, including hormonal imbalances and emotional factors which may be playing a pivotal role in your health. Sessions usually last between 30-60 minutes. Session duration can vary depending on the specific needs of the individual. Your practitioner may adjust the session length if necessary. After the analysis, Dr. Sue's team will further examine your results in conjunction with your medical history. You will receive a consolidated written summary that highlights the findings. The report will also include a series of audible frequency therapies created specific to your results. These will be downloadable for you to practice at home. Depending on the nature of your results, Dr. Sue and her team may make additional, supportive therapeutic suggestions. Side Effects of Bioresonance Therapy. Bioresonance therapy is considered a safe, non-invasive procedure that has minimal side effects, if any. However, some patients may experience the following complaints: Headache Slight nausea. Fatigue. Temporary symptom flare-ups following a session may also occur. Practitioners attribute any symptoms to the body's natural detoxification process. It's important to approach bioresonance cautiously. Work with a qualified and trained healthcare provider, especially if using it alongside other treatments. Benefits and Limitations of Bioresonance Therapy. Bioresonance therapy has been shown to improve a wide range of health conditions, including allergies, chronic pain, digestive disorders, and mental health conditions. There are benefits and limitations to most therapeutic techniques in the medical field. Potential Benefits. Bioresonance therapy offers many benefits to individuals seeking alternative therapies, or for those who have hit a dead end with

current treatments. Non-invasive and painless No side effects Can be used to address a wide range of health conditions Addresses root cause of health issues Both patients and studies report improvement in symptom management Personalized to each patient’s unique needs Used as part of a holistic and comprehensive plan for many conditions High rate of positive anecdotal experiences and patient empowerment Potential long-term effects. Limitations. As with any therapy, there are also limitations to bioresonance. Limitations include: Not a substitution for medical treatment Controversial due to limited scientific backing May not be effective for all patients Costly, and often not covered by insurance Time-consuming, as ongoing sessions may be necessary for some patients Wide variability in the gtandardized regulatory framework Wide variability in cost based on location, region, or country Variable practitioner expertise. Although bioresonance most likely has no negative side effects, it should be used as a supportive treatment under the guidance of a trained professional. Is Bioresonance Therapy Right for You? Bioresonance testing is an excellent option for many patients, especially those seeking alternative or complementary therapies. When Bioresonance Might Be Helpful. Patients whose standard or functional lab work is unremarkable and no new direction or insight can be provided. Patients who are in the early stages of their health journey would like a wide perspective and direction on what functional or standard lab testing may benefit them. This often saves patients thousands of dollars over time. Patients who identify as sensitive and or reactive to past therapies or practitioner approaches. Bioresonance is a finely attuned and sensitive form of testing, which makes it a less invasive way to collect information about the patient without risk of reaction. Patients who are experiencing emotional, psychological, and or mental health symptoms alongside physiological complaints. Patients who are curious and open-minded about alternative therapies. When to Be Cautious of Bioresonance. If you have a serious medical condition that requires conventional care. If a practitioner recommends replacing conventional treatments with bioresonance therapy. If either of the above are true for you, be sure you are working with a trustworthy practitioner who can communicate the ins and outs of bioresonance therapy and set realistic expectations with you. What to Look for in a Bioresonance Practitioner. A trustworthy practitioner should encourage bioresonance as a complementary approach to treatment, not a replacement for established medical care. Individual results can vary, as what works for one person may not be right for another. Working with a practitioner who will consider your unique health needs and goals will be more likely to yield positive results. In addition, regular check-ups on progress are important with bioresonance therapy. Expect a practitioner to monitor your response to the treatment and make necessary adjustments when necessary. A good practitioner will engage you in the process and elicit feedback about your experience. When looking for a practitioner, consider the following: Reputation, reviews, and testimonials Choose someone who listens to your concerns and communicates clearly Availability, accessibility, convenience, and flexibility. When considering bioresonance therapy, red flags to look for include the following: Promises of guaranteed cures for serious medical conditions Advise against conventional medical treatments in favor of bioresonance alone Offers for high-pressure sales tactics for expensive treatment packages Lack of transparency about

qualifications No affiliation with reputable health organizations. Contact Naturally Sue Wellness NYC for a free consultation to book a bioresonance therapy appointment and start healing today! FAQs About Bioresonance Therapy. Can bioresonance therapy diagnose diseases? Bioresonance therapy is not intended to diagnose or cure diseases. Rather, the technology can detect abnormalities in the energetic frequency of the cells throughout the body. It supports the body's natural healing processes and restores energy balance, which can help with a wide variety of health symptoms. Bioresonance is a safe and complementary tool to conventional medical treatments. How many sessions do I need to see results? The number of sessions varies depending on individual needs and the complexity of a patient's health. Some people may notice improvements after as few as one session. Others may require several sessions or ongoing therapy. Your practitioner will recommend the frequency and duration of sessions based on your specific needs. They will track your progress and make adjustments if necessary. Is bioresonance covered by insurance? Most health insurance providers do not cover the cost of bioresonance therapy. This could lead to out-of-pocket expenses for clients who would like to try this treatment. However, flexible spending and health savings accounts may be used to pay for the therapy. Are there risks involved? To date, studies on bioresonance haven't found any side effects or health risks. The biggest risk to bioresonance therapy is the limited research available, which has caused controversy and skepticism in the medical field. The fear is that some patients may start feeling better and think it's OK to discontinue receiving other, evidence-based treatments, which would have a negative effect on health outcomes. Alternative Therapies to Consider. Many effective alternative and complementary medicine therapies offer similar benefits to bioresonance and also have the backing of more robust research. Many of these have been around for centuries, including: Acupuncture: A traditional Chinese medicine (TCM) technique that involves inserting fine needles into specific points on the body to treat various health complaints. Similar to bioresonance, acupuncture is based on the idea that the body's energy, or qi ("Chi"), flows throughout the body along pathways called meridians. Practitioners believe they can rebalance the flow of energy and help the body heal itself by inserting needles into specific meridian points, depending on the ailment. Acupuncture is commonly used to treat a wide variety of issues, including pain (migraines, chronic pain, etc), hormone balance, digestive issues, sleep, and more. It is also used for overall health and well-being. Acupuncture is endorsed by The World Health Organization and the National Institutes for Health (NIH). Clinical studies have shown it to be beneficial for many conditions, including chronic pain, migraines, cancer treatment side effects, and many, many more. Homeopathy: or homeopathic medicine, is an alternative medical practice based on the body's innate ability to heal itself, similar to bioresonance. Homeopathy is based on the concept of "like cures like". Homeopathy involves using highly diluted natural substances, like plants and minerals, to trigger the body's response to illness. For instance, something that causes symptoms in a healthy person, such as how an onion causes tears, can treat an illness with similar symptoms, such as allergies. It is meant to trigger the body's natural defenses and healing response. Unlike herbal and pharmaceutical treatments, there is no "active" ingredient in homeopathic remedies. The active form of a substance is diluted to such a degree that it should

not be measurable at any considerable level. Its ability to act, rather, is derived from the surviving “essence” and or electromagnetic residues left behind. The energetic resonance is another similarity to that of bioresonance. Hyperbaric oxygen therapy (HBOT): HBOT is a treatment that involves supplying the body with 100% pure oxygen inside a pressurized chamber. The purpose is to deliver oxygen that is two to three times higher than you would get breathing in normal air. The pure oxygen helps increase oxygen levels in the blood and promote tissue repair. HBOT is commonly used in wound healing and treating conditions like decompression sickness and carbon monoxide poisoning. Bioresonance is a popular complementary treatment for those receiving HBOT because of its ability to augment, improve, or correct cellular performance. Patients may report a greater and more impactful result from combining hyperbaric and bioresonance sessions than when used independent and exclusive of each other. Conclusion: Informed Decision-Making in Integrative Healthcare. Bioresonance therapy has been shown to provide relief from symptoms like stress, physical and emotional pain, and fatigue, particularly as a complementary approach within a broader wellness plan. It has the benefit of potentially identifying the underlying cause of a health condition, offering a personalized approach to health care. However, bioresonance should not replace conventional treatments, especially for serious or complex health conditions where evidence-based care is essential. The use of bioresonance therapy alongside traditional medical treatments allows patients to explore its potential benefits while still receiving proven, effective care, ensuring their health is managed safely and comprehensively. Evidence-based medicine (EBM) is crucial in healthcare because it relies on rigorous scientific research, clinical expertise, and patient values to ensure that treatments are safe, effective, and reliable. This approach helps protect patients from unproven or ineffective therapies and guides doctors in making informed decisions. Bioresonance offers minimal risk, and it is emerging as a very viable modality in integrative health. However, it still lacks the depth of evidence from high-quality clinical trials needed to foster its acceptance in mainstream medical practice. As greater interest and application of bioresonance grows, clinical and scientific data demonstrating its benefits are likely to become much more widely available. Patients are encouraged to thoroughly research their bioresonance practitioner, including their qualifications, experience, and approach, to ensure they receive safe, transparent, and complementary care that aligns with their health needs.”

097. ND Woomer Pages at rootsnd.com

a) from rootsnd.com/:

“Assessing the root cause of dis-ease. Dr. Suzanne Woomer. Naturopathic Physician, Doctor of Traditional Chinese Medicine, and Licensed Acupuncturist. In-network with: United Healthcare Cigna Anthem VA Community Health Husky / Medicaid Aetna. Free 10 Minute Phone Consult. Appointment in Office. Meet Dr. Woomer. Come to me with your health goals and we’ll work together to help you meet them!. Dr. Woomer is a Naturopathic Physician, Doctor of Traditional Chinese Medicine and Licensed Acupuncturist. She received a Bachelor's Degree in Chemistry & Biology. Her personal health history enables her to understand the perspective of the patient

and that of the doctor. She values the patient-physician relationship as a team. She seeks to determine the underlying root cause of symptom manifestation. Meet Lisa Breton. Lisa Breton is an acupuncturist and Bowen therapist She has worked in the rehabilitation field for over 20 years. She has a Masters degree from University of Bridgeport in Traditional Chinese Medicine. As well as Prior degrees from UCONN and Naugatuck Valley Community College. She was trained in Bowen therapy in 2002. She is a caring practitioner who is invested in your health and wellness journey. 6 Core Principles of Naturopathy. 1 Healing Power of Nature: The body possesses an innate ability to heal itself, after removing obstacles of cure. The body, if given the right internal and external stimuli, can achieve homeostasis or health. 2 Identify & Treat the Cause. This is what sets naturopaths apart from conventional medicine. We seek to understand the root cause of illness, merely than just treating the symptoms. 3 First Do No Harm. We start with the least invasive treatments to correct the imbalance. This usually involves lab testing, dietary counseling, life style changes, and exercise. 4 Doctor as Teacher. Life choices will contribute to health or dis-ease within the body. This is important for patients to understand. 5 Treat the Whole Person. If you are not sleeping properly, there could be problems with digestion, mood regulation, fatigue, etc. 6 Prevention. We also seek to prevent disease before it starts. If there is a predisposition to certain illness within your family, we can curb the disease process before it begins. Save time healthcare online. My approach to care is all about breaking down the walls of an office and supporting your health wherever you are. Naturopathic Appointments. You can expect to leave the appointment with educational handouts, dietary/lifestyle counseling, botanical medicine, supplements, and/or homeopathic recommendations **If you do not see an available appointment time, please call the office as the online scheduling will only allow certain appointment times to be scheduled. Initial Naturopathic Appointments. Comprehensive intake focusing on patient's chief complaints, review of past medical history, family medical history, surgeries, and medication/supplement usage. Typically range between 1 hour to 1.5 hours. Follow Up Naturopathic Appointments During this appointment we will review your progress or lab results if necessary. This will guide us to the root cause of dis-ease. Typically range between 45 minutes to 1 hour. Compatible With Televisits. My approach to care is all about breaking down the walls of an office and supporting your health wherever you are. Acupuncture. Keep in mind the needles are very very thin, about the same diameter as a piece of hair. Has been practiced for over thousands of years, and is based on the premise that qi, also known as energy, circulates throughout the meridians of the body. When the qi is circulating properly, wellness ensues. However, if energy becomes stagnant, illness can result. This can manifest as pain, weakness, numbness/tingling, edema, headaches, anxiety, digestive complaints, etc. A common question is, does acupuncture hurt? The quick answer is no, it can cause a pricking sensation upon needle insertion, however, afterwards the most sensation you may experience is a dull ache/throbbing sensation. Acupuncture Appointments. Analysis of the tongue and pulse can provide information on the patient's overall health. Acupuncture will be performed with the patient supine (face up) or prone (face down) based on the patient's chief complaint. Initial Acupuncture.

Appointments. There will be a comprehensive intake focusing on 10 Questions - Preference of hot or cold, sleep, diet and digestion, perspiration, urination and bowel movements, thirst, mental/emotional state, and/or gynecological questioning - 45 minutes to 1 hour in length Follow Up Acupuncture Appointments. The techniques utilized will be individually based. Treatments may entail supine (face up) and prone (face down) procedures during treatment - typically 30 minutes to 1 hour in length. Other treatments could entail e-stim (electrical stimulation) on the needles, or cupping. Tai chi exercises may also be recommended. Organic Teas. Organic matcha and green tea in powdered form. Herbs/Supplements. Herbs/Supplements can be purchased from the following links as recommended.”

098. ND Cimoch at drcimoch.com

a) from drcimoch.com/naturopathic-medicine.html:

“NATUROPATHIC MEDICINE "The best doctor gives the least medicine" ~Benjamin Franklin "The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease." ~Thomas Edison “The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” ~Ann Wigmore Dr. Cimoch knows that true wellness can be attained when there is balance amongst physical, spiritual, mental, and emotional aspects of health- let Naturopathic Medicine support you in bringing balance to these areas of your life! Naturopathic Medicine is a unique type of holistic medicine that emphasizes the inherent ability of the body to self-heal and maintain health. Naturopathic physicians support your wellness by removing obstacles to attaining health, and providing you with personalized and non-invasive therapeutic modalities that aim to treat the cause of your condition. We are trained in traditional and modern healing therapies that are safe and have been proven effective by scientific research. Naturopathic Physicians are guided by strong foundational roots in the 6 principles of healing: 1. First Do No Harm To ensure patient’s safety, naturopaths utilize methods and substances which minimize potential harmful side effects. Also, when possible, naturopaths do not suppress symptoms, since symptoms are the body’s efforts to self-heal. For instance, in the case of a fever, this is one of the ways in which the immune system destroys whatever microbe has infected the body. Therefore, a naturopath’s job is to allow a fever to take its course in a healthy way, and not interfere with the body’s self-healing abilities. 2. Identify and Treat the Cause The naturopathic physician seeks to identify and remove the underlying root causes of illness rather than to merely eliminate or suppress symptoms. 4. Treat the Whole Person Each one of us has a unique physical, mental, emotional, genetic, environmental, social, sexual and spiritual makeup. The naturopathic physician knows that all these factors affect our health. That’s why he or she includes them in a carefully tailored and individualized treatment strategy. 3. The Healing Power of Nature There is an inherent self-healing process in our bodies that is ordered and intelligent. By removing barriers to this self-healing- such as unhealthy dietary and lifestyle choices- naturopaths can facilitate in the healing process we all possess. 5. Doctor as Teacher Naturopaths are not only physicians, but also educators. Naturopaths teach you how to live healthy lifestyles- how to eat, exercise, enjoy life

to the fullest, and also encourage self-responsibility for health. 6. Prevention Naturopathic physicians emphasize the prevention of disease by assessing risk factors, along with heredity and susceptibility to disease. Naturopaths aim to make appropriate interventions earlier on in life to prevent illness in your loved ones from young to old. Simply put, by living a healthy life now, you and your family are less likely to need treatment for future illness."

b) from drcimoch.com/services-offered.html:

"Services Offered Dr. Cimoch is an expert in natural medicine and uses many treatment modalities on patients. To attain optimal health, she utilizes naturopathic therapies including dietary and lifestyle recommendations, acupuncture, detoxification, botanical medicine, vitamin and nutrient supplementation, homeopathy, and craniosacral therapy. Clinical Nutrition Clinical nutrition is one of the foundations of naturopathic medicine. It includes the use of foods, vitamins, minerals, enzymes, and other nutritional supplements to stimulate the body's healing response. By using foods and natural supplements as medicine, we can avoid secondary complications and side effects often seen with pharmaceuticals. Dr Cimoch holds a master's degree in clinical nutrition, and blends this knowledge with her training in Traditional Chinese dietetics and nutritional therapy. Dr. Cimoch will cater your dietary recommendations to meet your individual needs and constitution. Botanical Medicine Humans have used plants as medicine for as long as we have existed! Proven to be safe and effective, herbal medicines are backed by centuries of traditional wisdom and modern science. Medicinal plants are an excellent and all natural way to stimulate the body's healing mechanisms, often without some of the risks or side effects of pharmaceutical drugs. Acupuncture and Traditional Chinese Medicine Traditional Chinese Medicine (TCM) is one of the oldest systems of medicine in the world, and can trace its roots back 2500 years. TCM encompasses acupuncture, herbal therapy, cupping, massage, dietary counseling, and exercise. Acupuncture has gained notoriety as a safe and effective technique for a number of health concerns, including pain management, stress relief, digestive issues, chronic fatigue, and insomnia. Acupuncture works through balancing the flow of energy or qi through pathways (also called meridians) in your body by inserting needles into specific points along these meridians. Homeopathic Medicine Homeopathy is a powerful medicine that has been utilized around the world for over 200 years. It is based on the "law of similars", the idea in which a disease can be cured by a substance that produces similar symptoms in healthy people. Prepared dilutions of substances are matched to the patient's presentation, and when properly chosen, the homeopathic remedy is able to stimulate the body's healing. Dr. Cimoch is trained in classical homeopathy, Bach Flower remedies, and German Biological medicine including homeopathic-spagyric therapy. Craniosacral Therapy CST is a gentle, hands-on therapy that releases tensions deep in the body to relieve pain and dysfunction, and improve wellness and health. By using gentle pressure on the bones of the head, spine, and pelvis, this increases the flow of cerebrospinal fluid and can help with a number of ailments, including Migraines, Headaches, Chronic Neck and Back Pain, Chronic Fatigue, TMJ, Fibromyalgia, Post-Traumatic Stress Disorder, ADD/ADHD, and Brain and Spinal Cord Injuries."

c) from drcimoch.com/meet-dr-cimoch.html:

“SYLVIA CIMOCH, N.D, L.Ac, M.Sc Dr. Cimoch graduated from the University of Bridgeport in Connecticut, one of only seven recognized and accredited naturopathic medical colleges in North America. While there, she was awarded a Doctorate in Naturopathic Medicine, a Master in Human Nutrition degree with highest honors, and a Master in Acupuncture. Her journey to natural medicine began as a young adult, when she was faced with her own health ailments and western medicine and pharmaceuticals were leaving her feeling sick and frustrated. She then learned about natural medicine through a family friend, who suggested seeing a naturopathic doctor. From there she began to heal, and within months was feeling healthy, revitalized, and better than she had been in years! She now had a new appreciation for her health, and a mission to bring natural medicine to the forefront of healthcare. Doctor Cimoch knows what it is like to suffer with your health, and she has the tools and knowledge to help you get back to feeling like yourself again! Dr. Cimoch aims to address the underlying factors that cause disease and disharmony, and allow your body to heal using non-toxic and effective natural therapies. She will work with you on an individual basis, and create a health plan that will provide you with long term health and disease prevention! "I am passionate about creating individualized holistic well-being in a compassionate and friendly environment. My goal in partnership with you and your family is to educate on healthy lifestyles and empower you in maintaining your own health! " -Dr. Cimoch Dr. Cimoch practices general family care with a focus on women’s health, chronic fatigue, gastrointestinal complaints, psycho-emotional ailments, and prevention of chronic disease. To attain optimal health, she utilizes therapies including acupuncture, botanical medicine, nutrition, vitamin and nutrient supplementation, homeopathy, and craniosacral therapy. Dr. Cimoch is native to Rockland County, New York and currently lives in New Haven County, Connecticut. She enjoys being out in nature, gardening, painting, cooking, and spending time with her loved ones. Education B.S. in Biology, Minors in Chemistry and Psychology. Ramapo College. Mahwah, New Jersey Doctorate of Naturopathic Medicine. University of Bridgeport. Bridgeport, Connecticut Master of Human Nutrition. University of Bridgeport. Bridgeport, Connecticut Master of Acupuncture. University of Bridgeport. Bridgeport. Connecticut New England School of Homeopathy. Amherst, Massachusetts. Licensure & Certifications State of Connecticut- Naturopathic Physician #000509 State of Connecticut- Acupuncture #704 Diplomate of Acupuncture (NCCAOM)® Specialized Training Healing Touch Therapy Iridology Cupping Craniosacral Therapy Homeopathy AcuMicro Microneedling Tuina Massage German Biological Medicine and Detoxification.”

099. ND Tranguch Pages at drtaratranguch.com

a) from drtaratranguch.com/post/craniosacraltherapy:

“Treating your Bones and Membranes with CranioSacral Therapy. Dr. Tara Tranguch. An Introduction to CranioSacral Therapy. This next statement may blow your mind: The bones in our skull never completely fuse shut. We are familiar with the “soft spots” on an infant’s head that lie between the cranial bone sutures. If you

feel your head right now, you will no longer feel a soft spot. Our skull bones move closer together but they do not close. Between the bones run blood vessels, nerve fibers, collagen and elastic fibers. And if you gently rest your hands along the bones, with time and practice, you will be able to feel them moving. This movement is your craniosacral rhythm. What is CranioSacral Therapy? CranioSacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system. This system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. The CranioSacral System. The craniosacral system is a semi-closed hydraulic system contained within a tough waterproof membrane known as the Dura Mater (aka tough mother) that attaches to the bones of the skull and envelops the brain and spinal cord. This system produces and circulates our Cerebrospinal Fluid (CSF) through the ventricles of our brain and around our spinal cord. This CSF fluctuates with rhythmic pressure and aids in draining toxins from the brain. It is this change in pressure fluctuations that creates the craniosacral rhythm. The Dura Mater that connects to the bones of the skull interconnects with all of the fascia that envelopes our organs and musculoskeletal compartments. If there is tension on the Dura Mater in one area of the body, it can pull on another area of the body and create pain or dysfunction. Vis medicatrix naturae. CranioSacral Therapy facilitates the body's natural and innate healing processes to heal. Any treatment that utilizes the body's own healing mechanism is capable of initiating cure. (And curing is different than palliative treatment of symptoms). The naturopathic philosophy of Vis medicatrix naturae, or the healing power of the body, is that the body has the wisdom to put itself into balance and it is always working to do so. A symptom is the body signaling that there is an imbalance. By using the bones as a tool to identify and treat restrictions within the membrane, the body's life force, what CranioSacral Therapy creator Dr. John Upledger called "The Inner Physician", is able to rebalance itself. This is a powerful treatment modality for preventive health and to bolster resistance to disease. If you suffer from migraines, brain fog, heavy metal toxicity, acid reflux, difficulty swallowing, tinnitus, lower back pain, sinusitis, scoliosis, ADHD, PTSD and trauma or if you are experiencing dementia, have had abdominal or pelvic surgery, grind your teeth, had alot of orthodonture, a history of concussions or were delivered by forceps, Craniosacral Therapy is a healing treatment that can help. CranioSacral Therapy can help healthcare challenges associated with pain and dysfunction, including: Migraine Headaches Chronic Neck and Back Pain Motor-Coordination Impairments Colic Autism Central Nervous System Disorders Orthopedic Problems Concussions and Traumatic Brain Injuries Alzheimer's Disease and Dementia Spinal Cord Injuries Scoliosis Infantile Disorders Learning Disabilities Chronic Fatigue Emotional Difficulties Stress and Tension-Related Problems Fibromyalgia and other Connective-Tissue Disorders Temporomandibular Joint Syndrome (TMJ) Neurovascular or Immune Disorders Post-Traumatic Stress Disorder Post-Surgical Dysfunction. What to Expect During a Treatment. The CranioSacral Treatment is a relaxing 60 minute therapy during which time the CranioSacral Therapist uses the lightest touch possible to palpate and treat the cranium, sacrum and spinal tube. Imagine a piece of thin cellophane floating on top of a bowl of water. The force needed to move the cellophane across the surface without deforming it is the force used to work with the craniosacral system. During the

treatment, restrictions are released in the craniosacral system, resulting in improved functioning of the central nervous system, as well as many other systems of the body, such as digestive, musculoskeletal, respiratory and circulatory. At the end of the treatment you will feel relaxed. Over the next several days following treatment, you will note positive effects which could include improved alignment, mental clarity, less pain, better sleep, and reduced symptoms. To learn more about about the benefits of CranioSacral Therapy for various symptoms, please check out this link: https://www.upledger.com/therapies/articles.php [picture] Dr. Tara Tranguch completing her CranioSacral Therapy training. I now offer CranioSacral Therapy at my clinic. And for a limited time period it is at a discounted price as I hone my skills. Sign up for an appointment online here. “The secret something that is shared by all effective healing methods is the process of leading the patient to an honest and truthful self-discovery. This self-discovery is required for the inititation [sic] and continuation of self-healing; for it is only through self-healing - in contrast to curing - that patients can experience both permanent recovery and spiritual growth... the closer our perception of self approaches, the deeper our capacity for self healing becomes. When there is a very close correspondance [sic] between self image and truth, our healing powers may be virtually unlimited." Dr. John E. Upledger. Medical Disclaimer: The information on DrTaraTranguch.com, and related blogs and emails, is provided for informational purposes only and is not intended to replace consultation with a qualified health care professional. It is not intended as medical advice and does not create a doctor-patient relationship between you and Dr. Tranguch. It is not intended for use in diagnosing or treating a health problem or disease, or prescribing treatment. Please consult your physician or healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or beginning any treatment for any health problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.”

b) from drtaratranguch.com/naturopathy:

“Welcome to Naturopathic Medicine. Effective. Personalized. Natural. Transformative. Naturopathic medicine is health care anchored in the laws of science that govern the natural world. Nature is regenerative. All living beings are vitalized by a life force that continuously seeks to be in balance. Any alteration prompts the life force to react in an attempt to rebalance itself. We have been raised on the paradigm that disease is to be feared and that medication is what heals us. This paradigm is false. It is our life force, our vital force, that heals. The physician’s role is to identify the imbalance to the life force that is causing the dis-ease and then provide the correct healing modalities that support the life force’s ability to rebalance itself. Naturopathic doctors have full confidence, deep training and unique knowledge in natural medicine because of their extensive pedagogic and clinical training. Naturopaths are the best trained medical doctors in the treatment modalities of nutritional supplements, botanical medicine and hydrotherapy. Naturopathic healing is effective, personalized and natural. The end result is health care that is truly transformative. Therapeutic Order of Natural

Medicine. The Therapeutic Order of Naturopathic Medicine. The naturopathic approach to treatment follows the Therapeutic Order. The Naturopathic Physician starts at the bottom of the pyramid implementing treatments that offer the least amount of force in assisting the life force, and moves up the pyramid as needed. The objective of treatment is to cause no harm, to fix the root of the disease, and to provide long-lasting health.

Naturopathic Principles. Naturopathic medicine follows six principles: First, Do No Harm: A central tenet in all medicine, do not cause harm to the patient. Naturopaths use the most natural, least invasive and least toxic therapies. The Healing Power of Nature: The vis or life force is what heals. Naturopaths recognize and work with the body's inherent wisdom to heal. Identify and Treat the Causes: Sometimes it is necessary to suppress symptoms to improve quality of life, however symptom suppression is not a cure. Naturopaths work with you to identify and remove the underlying causes of illness and remove obstacles to cure for lifelong health. Doctor as Teacher: Education is so important for individuals to understand and to feel empowered to take control of their own health. We work together as a team so you feel in control of your path to wellness. Treat the Whole Person: Naturopathic doctors understand the interconnectedness between our physical, spiritual and emotional selves as well as our individual connection with our past, our present environment and lifestyle, and our future goals. A whole person approach is necessary for true health. Prevention: Prevention is the best cure. Naturopaths help identify potential areas of imbalance and educate you, the patient, so you feel empowered to stay on the path of life-long wellness. For more information about Naturopathic Medicine: [AANMC link https://aanmc.org/naturopathic-medicine/] What is Naturopathic Medicine?, [AANMC https://aanmc.org/6-principles/]The Six Principles of Naturopathic Medicine], [AANMC link https://aanmc.org/featured-articles/therapeutic-order/] The Therapeutic Order."

c) from drtaratranguch.com/meet-me:

"Hello! I received my doctorate from the nationally accredited Naturopathic Medicine program at the University of Bridgeport in Connecticut. The Naturopathic Doctorate program is a 4 year full-time medical training program that included 850+ hours of clinical experience. My undergraduate degree is from Duke University with a BA in English and Chinese. After graduating I moved to China and worked in telecommunications for nine years, and then continued this work in Paris, France for five years. When my contract in France was up, I packed up my Beijing cat Serafina and we moved to the Quiet Corner, CT to learn organic farming. I was a vegetable, sprout and superfood farmer for 4 years. During this time I also became a certified health coach through the Institute of Integrative Nutrition. My farm, Serafina Says Farm, offered a CSA, sprouts, micro greens and wheatgrass, health coaching, juice cleanses, and wellness workshops. During this time I was inspired by Growing Power's urban farmer Will Allen to explore reuniting agriculture and medicine. Through this exploration I discovered Naturopathic Medicine. I was raised in Woodbury, CT and I am thrilled to be home providing naturopathic health care to my local community. The Value in Working With Me. I want you to live your authentic life with freedom, courage, peace and vitality. And the foundation to that

is good health. Working with me you get: A doctor with extensive clinical training in natural medicine. Naturopathic doctors are the best trained health care professionals in nutritional supplements, botanical medicine and hydrotherapy. You get a scientific investigator. I am going to delve deep into your physiology and pathways to identify the root causes of your symptoms. You get a health coach. I provide you with the space, accountability and motivation to make the lifestyle behavior changes you are ready to achieve. I would be honored to be your Naturopathic Doctor. Please drop me a note to let me know you are interested. Vision and Mission. My vision is to change the paradigm of health services from treating disease to delivering wellness. My mission is to make naturopathic medicine a household name. At a Glance. Doctor of Naturopathic Medicine degree received from the University of Bridgeport School of Naturopathic Medicine, Summa Cum Laude. Recognized for Academic Excellence and Excellence in Naturopathic Philosophy, May 2020. Clinical training in general medicine with a special focus on nutrigenomics, homeopathy, botanical medicine, gastroenterology and functional testing. Developing Nature Cure treatment protocols for stress, anxiety, chronic disease and addiction. BA from Duke University in English and Chinese, Cum Laude. The Taft School, Cum Laude. Certified Health Coach trained at the Institute of Integrative Nutrition and certified by the American Association of Drugless Practitioners, Member of the American Herbalist Guild, American Institute of Homeopathy, Connecticut Naturopathic Physicians Association, Gastroenterology Association of Naturopathic Physicians, National Association of Environmental Medicine, Naturopathic Medicine Institute.

d) from drtaratranguch.com/naturopathicmedicine:

“Naturopathic Services: Naturopathic Medicine Functional Testing Nutrigenomics Homeopathy Hydrotherapy Craniosacral Therapy Far Infrared Sauna. I offer naturopathic medicine for men, women and children. I am trained in general medicine for acute and chronic conditions addressing imbalances from 'A'llergies to 'Z'ollinger-Ellison syndrome. Specialty Services: Environmental Medicine. Low-level continual exposure to toxins, pollutants and chemicals through food, water, air in our homes, schools and workplaces can contribute to chronic illness including metabolic, neurological, reproductive, and endocrine disorders. We will identify potential exposures and look at lifestyle, environment and genetic biochemical individuality interactions to remove the causes and improve your health. Skin Care. Dermatological issues can be uncomfortable, embarrassing and demoralizing. They can also point to deeper, underlying health imbalances that should be addressed. Naturopathy offers a variety of treatment modalities from botanical medicine to nutrition and homeopathy that effectively - and yes, even enjoyably! - address skin health. Preventive Care: Prevention is the best form of medicine. Getting tested is commonly offered as preventive care. While getting tested can provide early disease identification, it does not prevent it. Preventive care examines who you are - your unique biochemical individuality, your family health history, your social environment - combined with your wellness and life goals to determine the best course of treatment for lifelong health and wellness. Read more about my approach to preventive care. Digestive Issues: If you aren't digesting and assimilating food

well, your quality of life suffers. If you are suffering from heartburn, ulcers, constipation, diarrhea, gas, IBS, SIBO, Crohn's, ulcerative colitis, gallstones or anxiety, come experience health care that effectively treats the underlying cause. Nutritional Genomics. You are genetically and biochemically unique. Your genes are being turned up or down by diet and lifestyle. Are you eating the optimal diet for you? If you are struggling to lose weight, dealing with a chronic illness, seeking preventive care, or want to optimize your health, through nutritional genomics we will set an easy to follow diet and supplement plan based on your genetic pathways. Learn about Nutrigenome™ here. Autoimmune Diseases. The sudden emergence of an autoimmune disease is scary and upsetting. The emergence of autoimmune like symptoms without a diagnosis is unsettling. Together we identify and treat the root causes contributing to your immune imbalance. I offer treatments for all affected systems to provide long-lasting health care. Offering Functional and Standard Labs. One of the great opportunities in working with me is the in-depth lab testing I offer. Functional labs provide a level of insight into your health not offered by standard blood work. As a naturopathic doctor I have extensive training in lab interpretation and clinical application. Functional tests include: Genetic and genomic testing Gut microbiome analysis Environmental toxin analysis Heavy Metal toxicity Food sensitivities Aero allergens Autoimmune markers Nutrient analysis Metabolomics Mold and mycotoxin testing Lyme and tick-borne illnesses Cardiovascular deep-dive Hormone panels Neurotransmitter balance Biological age and telomere testing. These labs are not always covered by insurance. Standard labs are run through Quest Diagnostics. Natural Treatments All treatments are personalized to the individual. As a Naturopathic Doctor I am trained in and offer a large toolbox of natural treatment modalities to craft you an effective treatment plan. Treatments include: Botanical medicine Homeopathy Clinical nutrition High-quality supplements Lifestyle modifications Behavior change Hydrotherapy Far Infrared Sauna Nature cure Physiotherapy CranioSacral Therapy."

e) from drtaratranguch.com/post/dare-to-know-homeopathy:

"Dare to Know Homeopathy. Is Homeopathy a personalized nano medicine discovered in the 18th Century? An overweight pre-diabetic 55 year old man presents with recently diagnosed hypertension and blood pressure averaging 150/90. A thin 63 year old female smoker presents with longstanding hypertension managed by medication with an average blood pressure of 145/83. The diagnosis for both of these patients is hypertension. Despite the differences in age, gender, lifestyle and presentation, both are prescribed a pharmaceutical to treat hypertension. Sounds like a straightforward medical approach, right? What if instead of treating the hypertension, we treat the individual that has the hypertension. This is a radically different approach. It requires a paradigm shift in how we provide health care. Treat the person, not the symptom. Treating the individual instead of treating the disease requires looking beyond the symptom to the root cause of why that symptom is present. The body is intelligent. It is, at all times, simultaneously coordinating a multitude of processes to keep us alive. Keeping us alive means keeping our systems in balance, or, in homeostasis. If an individual's blood pressure is consistently elevated to the point of being diagnosed

as having hypertension, there is a reason for that elevated blood pressure. That elevation is a response to something. And that something will be different for each individual. “It is far more important to know what person the disease has than what disease the person has.” Hippocrates Can you see how prescribing the same medication to treat the symptom of the disease, ie. elevated blood pressure, is not a cure. The hypertension is not what needs to be cured. The hypertension is a signal - the body’s way of whispering that there is something out of balance. The imbalance is what needs to be cured. Treat that imbalance and the hypertension goes away. Like cures like. There are a variety of treatment modalities that can correct an imbalance including changes to food intake, botanical medicine, exercise, improved sleep etc. The Naturopathic Doctor has many tools in their toolbox to assist the person in achieving a cure. One of these tools is homeopathy. Homeopathy comes from the Greek word ‘homoios’ meaning similar and ‘pathos’ meaning suffering. This translates to “similar suffering”, “similar as the disease”, or “like cures like”. Homeopathy's opposite is ‘allopathic’ which means “other than the disease”. Allopathy describes the conventional medicine approach that treats symptoms with substances that produce the opposite effect. We are familiar with the allopathic approach to medicine as it is the paradigm with which we were raised. How does a homeopathic model work differently? Homeopathy does not treat disease. It treats the person and every person expresses disease in a peculiar way. Symptoms are how the individual expresses the disease. One person may experience an upper respiratory tract infection with congested sinuses and a terrible headache, while the same infection manifests as a sore throat and clogged ears in another individual. Their “simillimum” are different. Homeopathy means treatment by the “simillimum”, to treat by providing a substance that causes similar symptoms. In 1790, Samuel Hahnemann, MD concluded that true cure came from the individual, specifically, from the individual’s life force. When imbalanced, the individual manifests a set of signs and symptoms at a physical and emotional level that signal to the nature of the imbalance. In homeopathy, first the doctor identifies the totality of these symptoms then matches them with the substance that creates these very same symptoms. The patient is given a diluted and potentized form of this substance. The body’s life force mounts a reaction to the potentized substance and this reaction simultaneously addresses the root cause that is causing their original symptoms. This is the concept behind a homeopathic cure where “like cures like”. Here is a concrete example of “like cures like”. An individual has a sudden fever that comes on quickly and is accompanied by intense pain. The patient doesn’t want to be touched and feels anxious and panicky. This is their totality of symptoms, which matches with the substance Aconite napellus. Aconite, or Wolfsbane, given in its undiluted crude form, would produce these same symptoms in the body. Yes, Aconite is quite dangerous and toxic - please don’t take it! However, a potentized remedy made out of Aconite (more on potentized remedies below) causes the individual to mount a response to the Aconite, and this stimulation to the life force also enables it to address the cause of their own symptoms. This difference between how a crude substance can be toxic and a diluted substance can be curative is called hormesis. The hormesis curve below shows that a low dose of an agent will be beneficial whereas a high dose is toxic. Click here for more about hormesis. What are potentized remedies? A potentized

remedy is a substance that has been diluted and agitated multiple times to the point where the remaining number of molecules of the source substance in the solution is less than Avogadro's number (1). Going back to the Aconite nappellus example, an Aconite homeopathic remedy has no remaining molecules of aconite in it. The aconite was made into a tincture, it was titrated, and then agitated, and then titrated and agitated over and over again hundreds or even thousands of times. This agitation, or what we call succussion, is critical to creating the potentized remedy. After each dilution, the substance is banged multiple times against a hard surface. The substance becomes increasingly diluted until there is no molecular (that is Avogadro's number) substance left and then it is still continually diluted and agitated. This creates a potentized remedy. So what remains in the remedy? And how can this remedy be effective? Jared Zeff, ND, Lac provides a clear description for how a homeopathic potentized remedy works. It serves as "a packet of information". This information is taken in by the body similar to how information on a USB key is transferred into a computer. If the USB key is compatible with the system it is inserted into, the information is downloaded and it causes some sort of change. If the USB key is not compatible, nothing happens. Similarly, if a homeopathic potentized remedy matches the patient's totality of symptoms, their "simillimum", it will be downloaded by the body, and this new information introduced to the system will contribute to removing the disturbance causing the symptoms. (2) Many argue that the positive effects of homeopathy are due to the placebo effect. Their argument is that if a potentized remedy contains no Avogadro's number of molecules from the original substance, the effect of taking the remedy cannot be physiological - it must be psychological. But here is where it gets really interesting. Recent research reveals that the original substance may in fact remain in the remedy. This is explained as epitaxy. Epitaxy is the transfer of structural information from the surface of one substance (solid) to another substance (liquid) without any physical transfer. The role of succussion /agitating (or hitting the solution against a solid object) causes high pressures and creates nanobubbles that help retain the transferred structural information in the dilution. (3) Are potentized remedies nano medicine? Epitaxy means that despite multiple titrations, the substance does remain in the remedy. And now research is showing that scientists have identified nanoparticles of the original substance in homeopathic potentized remedies. Nanoparticles are particulates less than 100 nanometers. For more information on nanomedicine, please click here. Multiple studies using Field Emission Scanning Electron Microscopy (FESEM) and Energy Dispersive Spectroscopy (EDS) have found nanoparticles of the solute plus carbon and oxygen remaining in potentized remedies. Other studies have found nanoparticle and quantum dots in all potencies of a given homeopathic remedy. (4) How do nanoparticles and quantum dots work in the body? Nanoparticles act as enzymes and/ or modify enzymes. Quantum dots have free entry through cell walls, nucleus, organelles, DNA & RNA, and activate epigenetic programming. Quantum dots are the information being delivered to our cells where living systems are being carried out. (4) Iris Bell succinctly summarizes how homeopathic remedies work as nano medicine: "Homeopathic medicines are complex self-organizing nano-scale systems that generate unique low-intensity electromagnetic signals and/or quantum coherence domains. On contact with physiological fluids (e.g., blood plasma), there

is evidence that nano-structures additionally adsorb individualized patterns of the recipient's own proteins on to their surfaces to create a unique protein corona coat (shell). Thus, the [person's] simillimum may generate a personalized biological identity upon administration... Low doses of such complex nano-structures initiate the adaptive processes of hormesis to mobilize endogenous healing of a disease state. The capacity for self-organization and self-similarity in complex systems is the key to future research on the nature of homeopathic medicines and systemic healing during individualized homeopathic treatment." (5) My very layman’s interpretation of Bell’s summary is this: Homeopathic remedies work as nano materials that interact with and signal multiple systems in the body to initiate a cascade of responses. The patient’s specific set of individual symptoms is reflected in the patient’s cells and when it matches to the fingerprint of the remedy (the simillimum), this match allows these nano particles to connect and download information within these cells to evoke change at a genetic level. Interesting fact: Samuel Hahnemann MD lived from 1755-1843 and knew nothing about nanomedicine. His research and documentation was based on what he saw and experienced clinically. Michael Farrady was the father of nanoscience and he lived roughly in the same era from 1791-1867. I just love interesting coincidences! ES Rajendran MD provides our concluding remarks: “Homeopathy is a material science operating at the cellular biologically active nanounits that fundamentally regulates life”... Homeopathy may be viewed as personalized nano-medicine. (4) This is mind blowing! Dare to know homeopathy. Dr. Hahnemann’s defining work on homeopathy, Organon of the Medical Art, starts with the phrase: Aude Sapere, or Dare to Know. Hahnemann's approach to curative medicine required a paradigm shift from the conventional medicine of the day. Hahnemann dared the the doctors of his day to consider a different approach to healing. Two hundred years later, understanding homeopathy still requires a paradigm shift in how we view disease and wellness. But now our advances in medicine and research, such as nano medicine, are providing scientific proof to support Hahnemann’s work written in the 18th Century. Even despite this scientific proof, it is still difficult for us to change the paradigm of how we view disease and health. Challenge yourself. Allow yourself to explore a different paradigm to health and healing. How to get started with homeopathy. Interested in trying homeopathy? Get started by identifying your constitutional remedy. This is the homeopathic remedy that matches who you are physically and mentally based on your life experiences and your ancestry. Taking your constitutional remedy strengthens your life force and helps you to overcome any obstacles on your path to wellness. To get your constitutional remedy, book a homeopathic appointment with me, either in person or via video call. Prior to the appointment you will be sent a lengthy questionnaire to complete. During our 60 minute session together we will look at who you are as an individual and how your symptoms manifest for you. You will be prescribed a homeopathic remedy that matches the totality of your symptoms. 6-8 weeks after taking your remedy, we will meet again for 45 minutes to assess what changes have occurred. How will you know if the homeopathic remedy is working? Your symptoms will start to reduce, your energy will improve, and your spirit will lighten. An added benefit is there are no negative side effects. Discover the benefits homeopathy can bring to your health. Homeopathy is for people of all ages and all infirmities. It is especially

powerful with children due to them having, generally speaking, a strong life force. Homeopathy treats you - the individual - by providing a personalized and natural treatment that is effective at the level of your genetics. Learn more about how to sign up for your Homeopathic intake and remedy here."

100. ND Zigo Pages at ctrnaturalhealing.com

a) from ctrnaturalhealing.com:

"Welcome to The Center for Natural Healing. New Location Announcement!! Just in time for spring! The new location for The Center for Natural Healing is located at 477 Main Street, Monroe CT, 06468 in Clock Tower Square between Monroe Deli and Indian Raj restaurant just down the street from our previous location! Please call to make an appointment (203) 268-1336. We are excited to see you again! Welcome to The Center for Natural Healing. Dr. Tina Zigo offers acupuncture and naturopathic healing for conditions including depression, ADHD, anxiety & OCD, Seasonal Affective Disorder (SAD), fatigue, thyroid issues, weight control, vitamin D deficiencies, & Lyme Disease. Dr. Zigo can guide you to better health and help you feel better. A personalized program can be created just for you, leading you to healthy lifestyle changes. Isn't it time you feel better? Call our office today and schedule an appointment in person or online via Telehealth with Dr. Zigo. Let her guide you in creating a health & healing assessment, putting you on your way to better living and wellness. We offer flexible scheduling & Saturday appointments. We take most insurance plans (please call your insurance provider in advance). Give us a call to set up your appointment! Call the office today for more information! 203-268-1336. WE CARRY TOP QUALITY SUPPLEMENTS for A BETTER YOU. We carry a large selection of quality, medical grade, supplements to assist you in your journey to wellness. Call us or visit our online store at WELLEVATE to see what we offer. Don't see something you would like? We can order it for you. Give us a call @ 203.268.1336. Available Treatments: Acupuncture Personal Fitness Homeopathy Supplements Custom Tinctures Fine Herbal Teas Nutritional Counseling Botanical Medicine Medical Diagnostics Pediatric Wellness. Natural Healing. WHAT IS NATUROPATHIC MEDICINE? Naturopathic medicine is a method of healing that encompasses modern and traditional diagnostic methods with time honored natural remedies. The premise behind Naturopathic medicine is to find the root cause behind most ailments, helping Dr. Zigo create a targeted plan to address the problem. WHAT ARE NATUROPATHIC PHYSICIANS? Naturopathic physicians are primary care physicians who are trained in a wide variety of natural therapies. These therapies treat the whole person and involve healing the individual mentally, emotionally, and physically. WHAT ARE THE NATUROPATHIC PRINCIPLES? FIRST DO NO HARM. Preferred are the least invasive diagnostic procedures, treatments, and medicinal substances with minimal risk of harmful side effects. PREVENTION. Physicians assess risk factors, make early interventions, and promote wellness by supporting patients to create healthy lifestyles. THE HEALING POWER OF NATURE. Naturopathic medicine recognizes and encourages the inherent, ordered, and intelligent healing process in each individual. TREATMENT OF THE WHOLE PERSON. Physicians address the complex interactions of a patient's physical, emotional, mental, environmental, genetic, social and spiritual aspects. IDENTIFICATION &

TREATMENT OF THE CAUSES OF DISEASE. Rather than merely eliminate symptoms, physicians identify and remove the underlying cause of illness. DOCTOR AS TEACHER. The physician educates and develops patient self-responsibility, and the therapeutic potential of the doctor-patient relationship is valued and cultivated. WE ACCEPT MAJOR INSURANCE PLANS & OFFER FLEXIBLE OFFICE HOURS.”

b) from ctrnaturalhealing.com/treatments:

“Treatments. Acupuncture. Naturopathic physicians are trained in the fundamentals of oriental medicine and diagnosis. Dr. Zigo uses acupuncture and Chinese herbal medicine to promote healing, help with pain, for smoking cessation and for overall health. Acupuncture (from Lat. acus, "needle" (noun), and pungere, "prick" (verb) or in Standard Mandarin, zhen jiu (lit: needle - moxibustion) is a technique of inserting and manipulating filiform needles into "acupuncture points" on the body. According to acupuncture theory, this will restore health and well-being, and is particularly good at treating pain. The definition and characterization of these points is standardized by the World Health Organization (WHO)[1]. Acupuncture is thought to have originated in China and has been practiced in China for more than 2,000 years (though some think it has been around for 4,000 years), most commonly associated with Traditional Chinese medicine (TCM). Different types of acupuncture (Japanese, Korean, and classical Chinese acupuncture) are practiced and taught throughout the world. Botanical Medicine: Botanical Medicine utilizes many different plants which have powerful healing properties. Many pharmaceutical drugs have their origins in plant substances. Naturopathic physicians use plant substances for their healing effects and nutritional value. The use of botanical medicine utilizes many different herbs formulated to the individual. Plants have an almost limitless ability to synthesize aromatic substances, most of which are phenols or their oxygen-substituted derivatives such as tannins. Most are secondary metabolites, of which at least 12,000 have been isolated, a number estimated to be less than 10% of the total. In many cases, these substances (esp. alkaloids) serve as plant defense mechanisms against predation by microorganisms, insects, and herbivores. Many of the herbs and spices used by humans to season food yield useful medicinal compounds. Homeopathy Homeopathy is a gentle, holistic system of healing, suitable for everyone, young and old. Homeopathy focuses on you as an individual, concentrating on treating your specific physical and emotional symptoms, to give long lasting benefits. With homeopathy, the patient is viewed as a whole person. The patient is the one to be treated not the disease. A homeopathic intake looks at a patient’s medical history as well as their overall energy, sleep habits, food preferences, and other information that describes the sick persons unique response to illness. A remedy is selected which is suited to the unique symptom pattern of the disease process in the individual. Since no two individuals manifest their illnesses in exactly the same way even if they are given the same disease label. It is only when a substance is matched with a patient according to the Law of Similars that it becomes homeopathic. Nutrition and Lifestyle Counseling. Nutrition and lifestyle counseling looks closely at the diet and general daily coping skills. Nutrition is a very important part of healing. Many of us are walking around with nutritional deficiencies and food intolerances. The goal of Dr. Zigo is to aid the individual in

finding the specific food intolerance and replacing with healthy and tasty foods. A careful selected balanced diet containing foods such as vegetables, fruits and whole grains provides one of the most important means to maintaining a healthy body. Naturopathic physicians understand that what you eat is the basis for your health. Adopting a healthy diet is often the first step towards correcting health problems. Many medical conditions can be treated more effectively with foods and nutritional supplements than they can by other means, but with fewer complications and side effects. In their practice, Dr. Zigo may use specific individual diets, fasting, and nutritional supplements to aid in obtaining health. Pediatrics. Herbal medicines offer safe, effective alternatives that can support and strengthen the body while treating the illness. Infants and children generally respond to herbal medicine easily and positively. Their bodies are smaller and their systems are still maturing, which makes them more vulnerable to the healing effects of mild herbs. When working with infants and children, the form in which the medicine is administered is of great importance. Many of the gentle topical preparations such as baths, rubs, poultices, creams, homeopathy, and washes can be used effectively with infants and young children who might not comply with oral dosing of medicine. Become acquainted with the healing and nourishing world of herbs - it’s a wonderful way to nurture your child and keep him or her in a state of radiant health.”

c) from ctrnaturalhealing.com/staff:

“DR. TINA ZIGO. ND (Naturopathic Doctor). Dr. Zigo is a licensed Naturopathic Physician in the state of Connecticut. Dr. Zigo earned her Bachelor of Arts in Psychology at Southern CT State University and received her Doctorate in Naturopathic Medicine from the University of Bridgeport. She enhances her knowledge of alternative healing therapies and naturopathic medicine through continuing education, teaching and research. Dr. Zigo’s practice focuses on treating the whole patient - mentally, emotionally and physically. She takes the time to learn about each patient's personal needs, and develops an individualized plan focusing on preventive healing, meal planning, and physical activity. Treatments include counseling, homeopathy, botanicals, acupuncture, Bach flower essences, nutrition, meal planning and supplements.”

d) from ctrnaturalhealing.com/faq:

“Frequently asked questions. Yes. Dr. Zigo is accepting new patients, she provides in office visits as well as telehealth appointments on your home computer or mobile device. Teleheath appointments at Center for natural healing is made possible by downloading the Zoom app to your home computer or mobile device. Simply call to make an appointment as you normally would, we will ask you for your email address. You will be sent an email with a confirmation date and a link to click on at the time of your appointment. You will be connected to a video chat with Dr. Zigo. To download zoom please click here or check the app store on your mobile device. Center for Natural healing accepts most insurances. Please call your insurance provider before making an appointment to assure that we are a provider. We also accept patients without insurance that wish to pay out of pocket. Acupuncture, personal fitness, homeopathy, supplements, custom tinctures, fine herbal teas,

nutritional counseling, botanical medicine, medical diagnostics, pediatric wellness. Naturopathic medicine is a method of healing that encompasses modern and traditional diagnostic methods with time honored natural remedies. The premise behind Naturopathic medicine is to find the root cause behind most ailments, helping Dr. Zigo create a targeted plan to address the problem. Naturopathic physicians are primary care physicians who are trained in a wide variety of natural therapies. These therapies treat the whole person and involve healing the individual mentally, emotionally, and physically."

e) from ctrnaturalhealing.com/links:

"Links. Vitamins & supplement: Fullscript - Dr. Zigo's Dispensary Wellevate […] Reference : Mercola.com Natural Health News."

101. ND Bowman Pages at drvbowman.com

a) from drvbowman.com/meet-the-staff/dr-vaughn-bowman:

"Naturopathic Physician. Dr. Bowman has been serving Fairfield County and the Tri-State area as a Naturopathic Physician for 25 years. He is a former Chemical Engineer and Adjunct Professor, Father, and certified Master Scuba Diver. He thrives with a Multiple Sclerosis diagnosis that first left him paralyzed 3 years ago. Today, all symptoms are in remission and without any pharmaceutical intervention as Dr. Bowman treats himself with nutraceuticals, proper diet, and exercise. Finding underlying reason(s) for illness and treating it naturally is his passion."

b) from drvbowman.com/blog/what-is-naturopathy-how-does-it-benefit-you:

"What is Naturopathy & how does it benefit you? Naturopathy is a holistic approach to treating illness & disorders of all kinds, by stimulating a body's self-healing mechanism. It is a combination of multiple therapies including acupuncture, herbs, massage, physical manipulations, homeopathy, hydrotherapy, nutritional counseling & much more following the Naturopathic principles. This treatment offers benefits to maintain a long term optimal health. One of the principle tenets of Naturopathic medicine is credence in treating the whole person, or boosting a person's general well-being in order to treat a root cause of a disease. This treatment is often invigorating & provides the patient with energy & strength that they initially lacked, all through natural techniques. The practices & principles of Naturopathy are older than those of conventional medicine & are globally known for promoting & maintaining body's long-term optimal health. There are few naturotherapy centres in India which help to cure disorders. Following are a few of the many benefits of Naturopathic treatment: 1. Disease prevention: Preventing the disease from developing in the first place, is the most effective way of combating it. In Naturopathy, prevention of disease is at the forefront of the field, followed by proper nutrition in order to gain a healthy body & a healthy immune system. 2. Treatment of disorders: Naturopathy has the power to holistically treat many of the common ailments by traditional medicine. Some of the most common types of disorders & disease treated using naturopathy treatment are digestive disorders, allergies, headaches, common colds, skin conditions like eczema & psoriasis. The

key part of managing the symptoms is nutrition & another part of the naturopathic process. 3. Sleeping aid: Naturopathic medicine offers solution to overcome insomnia & other sleep disorders. Herbal treatments offered in Naturopathy combined with a nutritional regimen ultimately helps better sleeping habits. 4. Alternative therapies: Naturopathy offers multiple treatments depending on the individual requirements. It employs the use of natural supplements, herbs, botanical remedies, homeopathy, performing reiki & acupuncture, or facilitates a powerful combination of these treatment options. 5. Increases self-awareness: Naturopathy treatment helps connect the patients with their inner self. It helps the patients better understand their bodies. As when one gets to know their body, they better understand what it's trying to communicate in the form of symptoms. It eventually helps one listen to their body as to what it's telling when they experience aches, pains or other symptoms. 6. Changes the way one think: Naturopathy is an approach that emphasizes on a combination of emotional, physical & spiritual wellness, so one is exposed to a holistic path to health. It helps one recognize the importance of spiritual, psychological & social elements to one's well- being. 7. Safe & effective treatment: Naturopathic practice aims at treating the underlying disease & disorders & restoring the natural body functions by encouraging the body's own healing capacities. It assist's the body's healing powers by using safe & effective non-pharmaceutical approaches. It is a highly individualized treatment that involves facilitating effective restoring techniques, self-care decisions, and much more which can prevent future health problems. Naturopathy stimulates positive thinking, lowers stress, anxiety & depression, improves overall health, enhances outlook, boosts optimism, improves one's ability to cope with health-related issues. It is an individualized treatment that aims at transforming one's overall well-being."

c) from drvbowman.com/faq/why-should-i-see-a-naturopathic-doctor-when-others-advise-me-about-vitamins-herbs:

"Why should I see a Naturopathic Doctor when others advise me about vitamins & herbs? Simple: Naturopathic Physicians are the only doctors who are board-certified specialists in Natural Medicine by the Connecticut State Dept. of Health. This makes them best qualified to make Natural or Complementary Medicine recommendations in conjunction with or alternative to your conventional doctor's therapies. Furthermore, taking nutritional, botanical or medical advice from persons not appropriately trained can be unsafe. This is one reason why many medical doctors, and understandably so, are fearful about their patients using Natural Medicine. Laypersons giving advice aren't aware of interactions between vitamins, herbs and drugs, don't know which therapies are scientifically documented, and don't know how to diagnose medical conditions. As a result, recommendations from laypersons can be harmful or potentially fatal. Without making a proper diagnosis, having a comprehensive understanding of pharmacology, botanical medicine, nutritional biochemistry and interactions between natural and conventional therapies, one cannot safely make recommendations about natural medicine. Again, Naturopathic Doctors are the only physicians trained in Conventional AND Natural Medicine, and board-certified as experts in Natural Medicine. They are best equipped to suggest when natural therapies are appropriate and safe for you."

d) from drvbowman.com/faq/must-i-stop-seeing-my-regular-doctor-to-use-natural-medicine:

“Must I stop seeing my regular doctor to use Natural Medicine? No. Most patients see us as they would any other specialist, although a referral is not usually required. We provide natural alternatives to conventional drug therapy for one or all of your health concerns, depending on your comfort level and your individual needs. You continue to see your primary doctor, whom we work with, to provide you with integrated, balanced and individualized care.”

e) from drvbowman.com/faq/are-naturopathic-treatments-scientific-and-effective:

“Are Naturopathic treatments scientific and effective? Yes. Although the term “Naturopathic Medicine” is just over 110 years old, Naturopathic therapies and the Naturopathic philosophy have been helping people for centuries. Naturopathic treatment methods have been subjected to thousands of controlled studies (many in peer reviewed journals) in areas such as clinical nutrition, botanical medicine, homeopathy, immunology and hydrotherapy. Furthermore, our policy is to apply only those techniques with documented scientific efficacy or a long history of clinical safety and effectiveness.”

f) from drvbowman.com/faq/do-you-accept-insurance:

“Do you accept insurance? After 23 years of accepting most insurance providers, Dr. Bowman made the difficult decision to withdrawal from all plans except for Husky (CT State Insurance) based plans as of March 2021. Note: many plans will still cover but you will need to submit a claim form for your visit (provided at time of service if requested).”

g) from drvbowman.com/faq/what-sort-of-education-is-required-of-an-nd:

“What sort of education is required of an ND? A LICENSED Naturopathic Physician (ND or NMD) attends a four-year graduate-level naturopathic medical school and is educated in all of the same basic sciences as an MD but also studies holistic and non-toxic approaches to therapy with a strong emphasis on disease prevention and optimizing wellness. In addition to a standard medical curriculum, the Naturopathic Physician is required to complete four years of training in clinical nutrition, physical medicine, homeopathic medicine, botanical medicine, psychology and counseling (to encourage people to make life-style changes in support of their personal health). A Naturopathic Physician takes rigorous professional board exams so that he or she may be licensed by a state or jurisdiction as a primary care general practice physician.”

h) from drvbowman.com/faq/how-can-i-find-out-if-naturopathic-medicine-can-help-me:

“How can I find out if Naturopathic Medicine can help me? You are invited to schedule a brief initial consult with Dr. Bowman at no cost. Although specific recommendations cannot be given without a comprehensive evaluation and

diagnosis, Dr. Bowman will be able to tell you if Natural Medicine is appropriate for you."

i) from drvbowman.com/faq/what-is-the-fee-schedule:

"What is the fee schedule? For detailed information about our fee schedule and financial policy, please call the office. First office visits generally take an hour and cost $274 while return visits are typically 30 minutes and cost $159. All cancellations require at least 24hrs notice to avoid appointment fee."

j) from drvbowman.com/#pricelist:

"About Dr. Vaughn Bowman. Naturopathic Physicians (NDs) are doctors specializing in Natural Medicine. Along with MDs and DOs, NDs are licensed to provide their patients with general outpatient medical care. Unlike other doctors however, Naturopathic Physicians are especially concerned with restoring optimal health and removing causes of disease instead of controlling disease symptoms with medications. Naturopathic Doctors are trained in and refer for conventional therapy when appropriate. Services $274.00 1 Hour First Visit Naturopathic Medicine Naturopathic Medicine's goal is to improve a person's health and quality of life (not just treat … Learn more Naturopathic Medicine's goal is to improve a person's health and quality of life (not just treat symptoms of disease). It is, however, effective with many conditions from "colds" to chronic disease states. $159.00 30 Minute Return Visit Naturopathic Medicine Return Visit Learn more $130.00. Why Choose Us: Parking available Wifi on the premises Wheelchair accessible Debit & Credit cards accepted Free consultation By appointment only Address the underlying cause Over 27 years experience. Benefits. Conditions Responsive to Naturopathic Approach: Fatigue / Chronic Fatigue Anxiety / Depression / Insomnia Gastrointestinal problems like Ulcers, Irritable Bowel, Crohn's, Diarrhea, Constipation, and Esophageal Reflux Heart Disease / High Blood Pressure / High Cholesterol Fibromyalgia / Musculoskeletal Complaints / Injuries Arthritis / Gout Allergies / Chronic Infections / Immune System Disorders Migraines / Headaches Diabetes / Hypoglycemia / Problems with Weight Common Pediatric Conditions like Infections / Allergies / Otitis Urinary Tract Infections Prostate Conditions Hormonal Conditions like PMS, Endometriosis, Menopause, Thyroid and Adrenal Imbalances Acne, Eczema, Dry Skin Addictions (smoking cessation)."

102. NDs Dzik, Epstein, Kachko, Tsnobiladze Page at ctcintegrative.com

a) from ctcintegrative.com/naturopathic-medicine:

"Naturopathic Medicine. Exploring Naturopathic Medicine: Your Guide to Holistic Healing. If you're interested in exploring how to unlock your body's inherent ability to heal itself, you might want to inquire about naturopathic medicine options in Stamford, Connecticut. At the Connecticut Center for Integrative Medicine, our team comprises experienced naturopathic physicians and other providers specializing in this holistic healthcare approach. We often discuss with our patients the significant benefits that naturopathic medicine can offer. To help you better understand what this field of care entails, let's delve into some of the most frequently asked

questions about naturopathic medicine and how it might help you achieve optimal health. What is the value of naturopathic medicine? Our team successfully resolves chronic ailments and diseases among individuals in greater Westchester and Fairfield counties by helping to support each patient’s unique healing capacity. Furthermore, we are true partners in our patients’ healing journey. The process starts with an initial 90-minute appointment, during which your medical history and health concerns are thoroughly assessed. We aim to uncover the causes or contributors to disruptive symptoms and debilitating medical conditions. Together, we’ll help you create a comprehensive plan that will help you get well and stay well in a sustainable way. With our holistic, integrative, and functional approach to medicine, we account for how you are constantly changing and growing. What naturopathic medicine services are offered at the Connecticut Center for Integrative Medicine? Upon completing an extensive intake process and cutting-edge diagnostic assessments, our physicians may recommend the following: Naturopathic Lifestyle Medicine and Counseling Acupuncture Nutraceutical supplements IV Therapies Biological Detoxification Botanical or herbal medicine Trauma-Informed Mind-body Medicine Guidance on “whole food” nutrition And much more! Why should I choose a practice that offers naturopathic medicine? Our unique and integrative approach combines the best practices from diverse medical fields, including naturopathic, functional, conventional, and traditional Chinese medicine, to craft holistic programs. These programs are carefully designed to address immediate health concerns and support a long-term journey toward improved health and well-being. By leveraging a wide variety of diagnostic tools and assessments, we go beyond surface-level symptoms, aiming to understand what our patients’ bodies are communicating to us. This deep listening allows us to tailor our treatments and services to each individual, ensuring that we promote the entirety of their health. Through this authentically holistic approach, we are committed to supporting our patients every step in their journey toward achieving and maintaining optimal health. Where can I find a naturopathic doctor near me in Stamford, Connecticut? If you are interested in more information about our naturopathic medicine approach to addressing the root cause of chronic health problems, request an appointment today! Call the Connecticut Center for Integrative Medicine in Stamford, Connecticut, today at (866) 320-6402. What is Integrative Medicine? Integrative medicine focuses on treating you at the right time with the right medicine. This is done after a comprehensive analysis of your mind and body. Watch this video to learn more about Integrative medicine, as explained by Dr. Kachko from CT Center For Integrative Medicine. Video Transcript: What is integrative medicine? Hi, this is Dr. Robert Kachko. You might be wondering what is integrative medicine and why is it so important? We view integrative medicine in our clinic as giving the right medicine to the right person at the right time. We have come up with a comprehensive program to help each individual that combines the best of all worlds. What are the treatment options available in integrative medicine? It combines the best from conventional medicine, functional medicine, naturopathic medicine, acupuncture, and Chinese medicine for a truly holistic program. This helps you to find long-term sustainable health. We also consider mind and body in integrative medicine. The thoughts we have contribute to our physical condition and vice versa. If we are not feeling our best, we might experience conditions like

anxiety and depression fatigue. Integrative medicine is about listening to your needs, understanding your health history, and coming up with a truly comprehensive plan to assess and find the root cause of your condition. We will then treat that condition based on your unique needs at CT Center for Integrative Medicine. We're here for you and your whole family. Make an appointment with us to experience the benefits of Integrative Medicine. [end of transcript]. Connecticut Center for Integrative Medicine is a multi-disciplinary team of providers that work collaboratively to assist you on your healthcare journey. Taking a truly holistic approach that honors your unique needs, the team will work with you to get you sustainably well. Dr. Robert Kachko, Founder and Director of the Connecticut Center for Integrative Medicine, is a pioneer in Naturopathic and Integrative Medicine and has developed an extensive bio-psychosocial methodology for people living with chronic diseases. As Past President of the American Association of Naturopathic Physicians, Dr. Kachko advocates for healthcare reform to allow everyone access to the kind of care our clinic provides."

b) from ctcintegrative.com/functional-medicine:

"Functional Medicine. Home » Functional Medicine. Exploring Functional Medicine and Lab Testing Services. Comprehensive and holistic testing is at the heart of our approach to functional medicine at the Connecticut Center for Integrative Medicine of Stamford, Connecticut. Standard bloodwork and conventional laboratory tests can be extremely helpful in diagnosing chronic health conditions. However, all too often, people are told that their labs all look "normal," yet they continue to feel unwell. Functional lab testing takes a different approach to assessing pathology, focusing instead on optimal ranges for the individual instead of what might be considered average for the population. With this data available, you and your provider can accurately understand why you're feeling poorly and what steps might be necessary to reverse that. Testing. What are some of the most common types of functional medicine tests? Led by talented naturopathic physicians, our center in Stamford, Connecticut, uses an array of tests to uncover what standard or conventional blood tests cannot reveal about your body's function. This information is used to design a personalized treatment plan for your body's needs. These tests include stool, urine, saliva, and comprehensive blood work. What is stool testing used for? Your health often starts with your gut! Our digestive systems can tell us so much about the function of our nervous system and immune system. Achieving overall well-being may not be attainable for many individuals until all digestive issues are addressed. For this reason, we order broad-based stool tests that most offices simply do not. Some of what we uncover through a stool test might include: How we break down our fats, proteins, and carbohydrates. How much inflammation is in our digestive system. How likely it is that we have intestinal hyperpermeability ("leaky gut"). The health of our microbiome analyses includes considerable insight into the balance, presence, and levels of certain bacteria, viruses, parasites, and fungi in the body Much more How might I benefit from thorough urine testing? Urine samples also provide clues into the cause of chronic or disruptive ailments and diseases. We can assess for everything from stress hormones like cortisol to estrogen, testosterone, and other sex hormones. Additionally, we look at the

neurotransmitters, organic acids, and levels of oxidative stress that influence everything from our mood and sleep quality to our energy levels and nutritional needs. What is saliva testing, and what is it used for? Saliva testing can be very helpful for hormone assessment, especially cortisol testing, which explores the circadian rhythm of our bodies and may impact mood, stress, energy levels, anxiety, and sleep. What can be determined with comprehensive blood work? Approaching blood work through the lens of functional medicine, identifying your "baseline," and accordingly understanding the optimal ranges for bloodwork results based on your unique circumstances, body composition, medical history, family health history, and long-term health goals. We use this clear and highly personalized perspective to treat symptoms effectively and based on each individual's genes, lifestyle, and environment. With comprehensive, state-of-the-art diagnostics, the Connecticut Center for Integrative Medicine ensures your body gets everything it needs to function at its best, not limited to the proper balance and amount of nutrients, antioxidants, vitamins, and hormones. Who can I contact to learn more about functional medicine and lab testing near me? If you've been told that everything in your lab results looks "normal" or "fine," and you are still not feeling well, please get in touch and schedule a free discovery call with one of our providers. If you want more information about functional medicine testing, the first step in better health and well-being, request an appointment today! Our office in Stamford, Connecticut, can be reached at (866) 320-6402."

c) from ctcintegrative.com/acupuncture:

"Acupuncture. Home » Acupuncture. Tradition Meets Innovation: Harnessing Time-Honored Methods with Modern Science. At the Connecticut Center for Integrative Medicine, we help Stamford, Connecticut, area patients feel their best by integrating naturopathic and holistic healthcare solutions. While traditional and conventional medicine have their place, they are not always the only way to reach goals for better health and well-being. One solution that can be integrated into traditional medicine is acupuncture. Acupuncture. What is acupuncture? Our team best describes acupuncture as an ancient Chinese practice that requires the insertion of extremely small, thin needles into specific points on the body to stimulate and balance the natural flow of energy. This energy, referred to by the Chinese as Qi, is believed to flow through certain pathways called meridians in the body. When these pathways are blocked or imbalanced, they can lead to pain or illness. This method has been used for thousands of years in the treatment of a variety of conditions, including: Hormonal imbalances Digestive problems Insomnia and other sleep disorders/challenges Depression and anxiety Poorly managed negative stress (distress) Chronic pain. At the same time, acupuncture can: Increase "feel-good" endorphins Boost circulation Reduce inflammation. Calm the nervous system. How often do I need acupuncture? Acupuncture is a process that consists of multiple treatment appointments. Your specific requirements dictate the count of these sessions and how your body reacts to this and other forms of treatment. Generally, the commencement of therapy takes place once or twice per week. Following this "intensive" phase, it may be necessary to receive maintenance sessions every one to three months. What is the process of acupuncture? Every

procedure incorporates the implementation of hygienic, single-use slender needles at meticulously chosen bodily points. This method is drawn from a thorough analysis of various factors, including your medical background, laboratory results, and pulse and tongue diagnosis. It’s noteworthy that some individuals report improvements right after the first procedure! While we stress this, our team respects and appreciates your unique biological makeup, experiences, and current situations. The path to improved comprehensive wellness is an expedition, and acupuncture may significantly impact your healing journey. Schedule an appointment at our office today to discuss the many benefits of acupuncture! If you are located in or around the area of Stamford, Connecticut, and are ready to work with a team of professionals integrating holistic mind-body medicine to help you look and feel your best, we invite you to contact our team at the Connecticut Center for Integrative Medicine. To schedule an appointment with our providers, please call (866) 320-6402. We are currently open to new and returning patients in and around our community and believe in providing the best possible care for everyone! Start your journey to improved health and wellness today by contacting our team for a comprehensive evaluation and initial consultation visit. Video transcript: What is acupuncture? Hi, this is Dr. Robert Kachko to talk to you all about acupuncture. We use acupuncture as one of the many tools in our clinic to give you a truly comprehensive and holistic approach to feeling better. Acupuncture is a tool that’s been around for thousands of years, and it’s helped generations of people recover from conditions like pain, digestive disorders, insomnia, anxiety, and depression. What are the benefits of acupuncture? Acupuncture has been shown to reduce inflammation, improve circulation, calm the nervous system, and increase endorphins, our body’s natural system of painkillers. The treatments themselves last about one hour, where you come in, and we have a conversation about your health goals. The treatments are painless, and most people feel quite relaxed. Many people fall asleep, and sleeping on an acupuncture table is like getting 2-3 hours of extra rest, even in that 30 or 40 minutes of treatment. What is the process of getting acupuncture as a treatment? The needles that we use are sterile, and we only use them one time before throwing them away. Although treatment results vary, most people do see an improvement in their condition. Usually, it takes about six to 10 treatments, often done weekly, to see if your condition will improve. Now while some people feel better after just one treatment for others, it is a process. We combine acupuncture with all of the other treatment tools in our clinic, including nutrition IV therapy, mind-body medicine, botanical medicine. So if you’re interested in trying acupuncture, you might want to consider trying acupuncture in this comprehensive way where you’re also getting all of the other care you’re looking for. We are here to help you with all of your health care needs. Make an appointment today. [end of transcript].”

d) from ctcintegrative.com/biological-detoxification:

“Biological Detoxification. Home » Biological Detoxification. What is biological detoxification? At the Connecticut Center for Integrative Medicine, located in Stamford, Connecticut, our providers offer solutions to help you improve your body’s overall health and wellness. We know that environmental factors, as well as

physical factors, play a significant role in your health. This is why we may recommend to some patients the benefits of biological detoxification, a detox cleanse that improves the quality of life and overall health. What is biological detoxification? Traditional Western medicine often concentrates on treating health issues as they occur. However, the philosophy behind biological medicine and detoxification is to bolster and enhance the body’s intrinsic healing mechanisms, enabling them to work to their maximum potential. By purifying the body of harmful toxins and providing it with the right nutrients, numerous patients have been able to lessen the effects of various ailments, diseases, and long-term conditions that may have been adversely affecting their quality of life. What are the benefits of biological detoxification? Our patients who talk to our professional team about the advantages of using both biological medicine and biological detoxification to improve overall health and well-being will find that there are many reasons to strongly consider these services. Some of the benefits of biological detoxification include: We offer treatments that prioritize your safety, eliminating unwelcome side effects. Our therapies improve various aspects of your body’s functionality, including your biochemical, informational, and psycho-emotional systems. They also target the root causes of ailments rather than just managing the symptoms. Our holistic approach provides therapeutic support to your body’s innate systems. We optimize your overall well-being by restoring your body’s balance. What types of therapies are integrated into my treatment plan? Some treatments that might be included in your treatment plan include: Spagyric medicine Orthomolecular medicine Neural therapy Isopathy Infusions Homotoxicology Homeopathy Herbal therapies Acupuncture/biopuncture Anthroposophic medicine. How do I know if I am a candidate for biological detoxification and other approaches to health and wellness? Our Connecticut Center for Integrative Medicine team works routinely with men and women looking for ways to improve their health and well-being while eliminating traditional Western medicine techniques. We want to be as natural and holistic as possible when finding lifestyle changes and treatments that will benefit you and your body as a whole. If you are thinking about biological detoxification and cleanses to reboot your system and start with a healthier plan, we invite you to connect with our team in Stamford, Connecticut. Our office can be reached by calling (866) 320-6402. We proudly serve patients in and around Westchester and Fairfield counties.”

e) from ctcintegrative.com/wp-content/uploads/2022/11/wheres-the-healing.pdf:

“’While we all acknowledge the value of a holistic approach as an integral part of naturopathic medicine, not enough recognition is given in our curriculums as to hew we can best integrate holism into our role as naturopathic physicians. In order to go beyond the password "holistic," this course has been designed to explore the deeper issues of how to address these aspects of mind-body-spirit in yourself and with your clients. Being "holistic" can go beyond finding the right supplement, botanical extract, homeopathic remedy or point. It is being able to contact the deeper essence of a person, whether you call it the spirit, soul or vital force. In contacting this deeper essence, the holistic physician is to tap the person's true source of healing, and initiate a process of both healing and transformation.’ The

above paragraph was taken from a 1984 course entitled Healing, Consciousness and Transformation that I co-designed and co-taught with Nimrod Sheinman, ND (currently director of the Israel Center for Mind-Body Medicine, which I co-founded) and others […].”

f) from ctcintegrative.com/doctor-near-me-fairfield-ct:

“Exploring Naturopathic Medicine: Your FAQs Answered by the Connecticut Center for Integrative Medicine Dr Robert Kachko. Naturopathic Doctor in Fairfield, CT area. Naturopathic medicine is one aspect of health that our team at the Connecticut Center for Integrative Medicine will encourage for our patients. Understanding naturopathic medicine and how it improves health and wellness is the first step in determining if it is right for you. Below are some frequently asked questions regarding naturopathic medicine and its role. What exactly is naturopathic medicine? Naturopathic medicine is a holistic approach to traditional healthcare that focuses on the source of illness and promotes overall wellness. Naturopathic doctors near Fairfield, Connecticut, use natural therapies such as herbs, homeopathy, nutrition, and lifestyle changes to achieve optimal health. How is naturopathic medicine different from more conventional medicine techniques? Naturopathic medicine differs from conventional medicine in several ways. Unlike conventional medical doctors, who typically focus on treating specific diseases or symptoms, naturopathic doctors like ours aim to treat the whole person and address the underlying causes of illness. Additionally, naturopathic medicine strongly emphasizes prevention and promoting overall wellness rather than treating existing health issues. What health conditions can be treated with naturopathic medicine? Naturopathic medicine can be used in a myriad of ways to improve overall health and wellness. Our providers at the Connecticut Center for Integrative Medicine are trained to treat a range of common health conditions, including allergies, digestive issues, hormonal imbalances, chronic pain, and mental health concerns. We often use naturopathic medicine as a complementary therapy alongside conventional treatments for serious illnesses such as cancer. Is naturopathic medicine safe? Yes, naturopathic medicine is generally considered safe. Our team needs to know your medical history and any medications or supplements you currently take to ensure that nothing used in naturopathic treatments will interfere with your existing medications. We also use low-risk interventions such as herbal remedies, dietary changes, and minor lifestyle modifications to help you achieve optimal health. These are often combined with more traditional therapies and medications whenever possible so our patients get the best benefits. What is the main difference between a naturopathic doctor vs. a medical doctor? The primary difference between a naturopathic doctor and a medical doctor is their approach to healthcare. Medical doctors typically focus on treating specific diseases or symptoms with pharmaceuticals and surgeries. In contrast, naturopathic doctors use natural therapies such as herbs, homeopathy, nutrition, and even easy lifestyle modifications to address the root causes of illness and promote overall wellness. Naturopathic doctors also spend more time with their patients, typically an hour or longer for each visit, to fully understand their health concerns and develop a personalized treatment plan. This holistic approach allows

naturopathic doctors to address multiple aspects of a patient’s health and well-being rather than focusing on just one specific issue.”

g) from ctcintegrative.com/naturopathic-pediatrician-near-me-fairfield-ct:

“Frequently asked questions about medical treatment for children with a naturopathic pediatrician near me. Dr Robert Kachko. Featured Article, Naturopathic Pediatrics Pediatric Health. Naturopathic Pediatrician Near Me in Fairfield CT Area. Our team at the Connecticut Center for Integrative Medicine includes various doctors who have the experience and skills needed to treat patients of all ages, including children. If your child needs medical treatment and you want to work with a holistic doctor, we invite you to learn more about the benefits of working with our naturopathic pediatricians serving those in and around the area of Fairfield, Connecticut. Let’s look at some frequently asked questions about working with a naturopathic pediatrician “near me” to treat children. Who is a naturopathic pediatrician? Our team at the Connecticut Center for Integrative Medicine describes a naturopathic pediatrician as a licensed healthcare professional who specializes in treating children using natural and holistic approaches. They have completed medical training similar to conventional pediatricians, but they also incorporate alternative therapies into their practice. What types of treatments do naturopathic pediatricians offer? Naturopathic pediatricians use a variety of treatments, including: Herbal medicine Homeopathy Nutritional counseling Lifestyle modifications Physical therapies. A naturopathic pediatrician also focuses on finding the root cause of a child’s illness rather than just treating the symptoms, which is the primary goal when working with our team. How does naturopathic treatment differ from conventional treatment? Conventional treatment typically focuses on prescribing medications to alleviate symptoms. Naturopathic treatment, on the other hand, focuses on using natural and holistic methods to treat the specific causes of an illness and support the body’s ability to heal itself. Additionally, our skilled naturopathic pediatricians consider a child’s overall health and well-being rather than just treating a specific condition. Is naturopathic treatment safe for children? Yes! Our naturopathic treatments are considered safe for children when performed by a licensed professional at the Connecticut Center for Integrative Medicine. You can also consult with your child’s primary healthcare provider before you begin any new treatments or therapies if you would like a second opinion on your child’s treatment plan. Call Our Office for More Information Stamford, CT: (866) 320-6402 | Manhattan, NY: (917) 477-3538 | Established Patients Call: (929) 379-0920. Request an appointment. Are there any potential risks or side effects of naturopathic treatment for children? At the Connecticut Center for Integrative Medicine, our team of naturopathic pediatricians always considers any potential risks or possible side effects before recommending a treatment plan for your child. We closely monitor and track your child’s progress throughout treatment to ensure they are responding well to it and adjustments are made as needed. What is the typical timeframe for seeing results from naturopathic treatment for children? The period for seeing results from naturopathic treatment can vary depending on the specific child and their unique condition. It is critical that you remember that naturopathic treatments focus on addressing the root cause, which may take longer

than conventional treatments but can lead to long-term improvements in both overall health and wellness. Who can I call to learn more about the benefits of a naturopathic pediatrician near me in the Fairfield, Connecticut, area? Our team at the Connecticut Center for Integrative Medicine believes that both adults and children can benefit from a more holistic approach to their medical health needs. If you live in or around the areas of Westchester County and want to learn more about the benefits of naturopathic pediatrics and medical treatments for children, we invite you to call us at (866) 320-6402 (Stamford) or (917) 477-3538 (Manhattan) to schedule an appointment."

h) from ctcintegrative.com/traditional-medicine-treatment-stamford-ct:

"Which is better for overall health: traditional medicine treatment or herbal supplements? Dr Robert Kachko Botanical Medicine Traditional Medicine Treatment in Stamford CT Area. The team at the Connecticut Center for Integrative Medicine of Stamford, Connecticut, has been asked this question many times. Their response is always the same: it depends on the individual and their specific health needs. Traditional medicine treatment vs. herbal supplements for health. Traditional medicine, known as Western or allopathic medicine, focuses on diagnosing and treating diseases using medications, surgery, and other medical procedures. This approach is based on scientific evidence and has been proven to be effective in treating acute conditions, such as infections and injuries. On the other hand, herbal supplements are derived from natural plants and have been used by others for centuries in traditional medicine systems. These supplements are believed to support overall health and wellness by addressing the imbalances in the body. So which one is better? The truth is that both traditional medicine and herbal supplements have their strengths and limitations. Conventional medicine is highly regulated and has undergone extensive testing to ensure both safety and efficacy. Similarly, herbal supplements have also been extensively studied, and many have shown promising results in promoting health and preventing diseases. However, the decision between traditional medicine treatment or herbal supplements ultimately comes down to personal preference and individual circumstances. Conventional medicine may provide more immediate relief for acute conditions, while herbal supplements may better suit chronic conditions or support overall health and wellness. Call Our Office for More Information. Stamford, CT: (866) 320-6402 | Manhattan, NY: (917) 477-3538. Established Patients Call: (929) 379-0920. Request an appointment. It's important to note that traditional medicine and herbal supplements are not mutually exclusive. In fact, many healthcare providers now incorporate both approaches in their treatment plans, known as integrative medicine. This approach allows for a more holistic and personalized approach to healthcare, taking into account the individual and their unique needs. How do I learn more about traditional medicine and herbal supplements for health and wellness? Call the Connecticut Center for Integrative Medicine today at (866) 320-6402 to request an appointment at our office at 1200 High Ridge Road, Floor 2. We are open to new and returning patients in the area of Stamford, CT, and beyond. We welcome you to visit our office to learn more about our traditional–and non-traditional–treatment and therapy options for health and well-being."

103. ND Zupa Pages from victoriazupa.com

a) from victoriazupa.com/frame1.htm:

“Dr. Victoria Zupa, a Naturopathic physician, offers an integrated holistic and traditional medicine approach to healing disease and promoting wellness through state-of-the-art, non-protocol, individualized medicine. She does this through a biofeedback-enhanced physical exam, tapping into the body's innate healing wisdom. In this way, a road map can be constructed for each individual's healing journey. This allows her to determine treatment priorities that are specific to each patient. With an exceptional commitment to thoroughness and quality of care, Dr. Zupa helps her patients find the underlying immunologic metabolic/nutritional and emotional roots to their dis-ease. She emphasizes natural approaches which are very safe and at the same time very powerful. The doctor's diagnostic and treatment modalities include: homeopathy, herbology (botanical medicine), nutrition, counseling, neural kinesiology, Dr. Nambudripad's allergy elimination technique (NAET), neural therapy without needles, cranial sacral therapy, biovibrational healing, electrodermal screening, environmental medicine and biological terrain analysis. Naturopathic Medicine is a highly systematic method of therapy, based on stimulating the body's innate healing mechanisms. By using it, the body's defense mechanism and vital force will become strengthened and nurtured, to enable the body to overcome its symptoms of disease. Dr. Zupa sees all ages - pediatrics to geriatrics - and addresses a wide range of acute and chronic disorders including Vulvodynia. Her post-graduate training, studying with many noted European physicians, has enabled her to help patients with Vulvodynia and other chronic conditions where standard medical and naturopathic treatments have failed. She believes that the self awareness acquired from her kind of holistic and natural treatments and education can facilitate one’s own creative healing process.”

b) from victoriazupa.com/frame13.htm:

“Naturopathic medicine blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatel [sic] to geriatric care. A Naturapathic [sic] Physician (ND) is a primary care general practitioner trained as an expert in natural medicine. Naturopathic medicine concentrates on whole-patient wellness, the medicine is tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine attempts to find the underlying cause of the patient's condition rather than focusing solely on the symptomatic [sic] treatment. For example, congestion might be caused by a food allergy or an enviromental [sic] factor, a naturopathic physician woud [sic] focus diagnosis and treatment on these causal factors. Naturopathic physicians cooperate with all other branches of medical science referring patients to other practitioners for diagnosis or treatment when appropriate.”

c) from victoriazupa.com/frame3.htm:

“At the Center for Optimum Health, P.C., we embrace the concept of biochemical individuality: the idea that people are each physiologically unique and, as such,

require treatment specifically tailored to their own individual needs. We offer state-of-the-art medicine from as individual an approach to diagnosis and treatment as is currently available in the physical medicine realm. We do this using a biofeedback-enhanced physical exam, which is a state-of-the-art form of muscle response testing that combines the best of Applied, Clinical and Educational Kinesiology (muscle testing) techniques with autonomic nervous system (ANS) research. This method of diagnosis is called Autonomic Response Testing, or Neural Kinesiology, and it is what allows us to determine treatment priorities that are specific to each individual. Each person's journey towards optimal health is unique. By being able to tap into the body's innate healing wisdom in this way, a specific road map can be constructed for each individual's healing journey. We find that, when we honor the body's inner wisdom like this, miracles can happen...and optimum health truly becomes possible.”

d) from victoriazupa.com/frame20.htm:

“Bioset Homeopathy Herbology Nutrition Counseling Neural Kinesiology Dr. Nambudripad's Allergy Elimination Technique Neural Therapy (without needles) Electrodermal Screening Biovibrational Healing Environmental Medicine Biological Terrain Analysis Biological Terrain Analysis Biological Medicine Homeopathic Desensitization* There is no order to this list - treatment is individualized according to the needs of the patient.”

e) from victoriazupa.com/frame21.htm:

“Bastyr University - Naturopathic Medicine - in practice since 1992; Diplomate in Naturopathic Family Medicine; Naturopathic Medical License in Connecticut & Arizona; Comprehensive Medical Nutritional Biochemical/Molecular Analysis since 1995; Biological Medicine Seminars - certified since 1997; Biological Terrain Analysis - certified since 2000; Dr. Nambudripad's Allergy Elimination Technique (NAET) - certified since 1999; Isopathic Homeopathic Dental Seminar - certified since 1997; Isopathic Homeopathic Seminar - certified since 1998; American Academy of Neural Therapy: Course A & B, The Neurology of the Autonomic Nervous System - certified since 1996; American Academy of Neural Therapy: Psyche Kinesiology Biofeedback Guided Dialog with the Subconcious - certified since 1996; American Academy of Neural Therapy; Neural Kinesiology Division: Courses I, II, III - certified since 1997; Level I, II and Advanced Seminars for Electrodermal Screening - certified since 1993; Homeopathy & Homotoxicology Seminars - certified since 1993; International Foundation for Homeopathy Seminars - certified since 1986; Biovibrational Healing - certified since 1990; Soft Tissue Orthopedics Division of International Systemic Health Organization - certified since 1990; Treating Vulvodynia for 17 years in private practice

f) from victoriazupa.com/frame9.htm:

“NAET www.naet.com Vulvodynia www.vulvodynia.com Neuraltherapy www.neuraltherapy.com Naturapathic [sic] www.naturopathic.org Neurotherapy www.neurotherapy.org Neural Kinesiology www.pnf.org/neural_kinesiology.html Kinesiology www.kinesiology.net Bloodtest Analysis www.carbonbased.com.”

104. ND Shikhman Pages from whiteoakmedical.com

a) from https://whiteoakmedical.com/naturopathy/:

“Naturopathic Medicine. ‘Natural forces within us are the true healers of disease.’ Hippocrates. c. 400 B.C. Naturopathic Medicine has been around since the late 1800s. At that time “naturopathy” was used to describe an increasingly popular mode of therapeutics that drew from both western as well as indigenous medicines of the world. Today at White Oak Medical we use scientifically proven and evidence based alternative therapies such as acupuncture, herbal medicine, clinical nutrition and homeopathy to treat everyday health problems, as well as many acute and chronic conditions. As Naturopathic Doctors (NDs) our focus is on disease prevention, activating the body’s own inherent healing ability, treating the whole person and educating our patients to be partners in their own health care. Naturopathic Doctors. NDs study all the same basic sciences as medical doctors (MDs). Just like MDs, we must undergo rigorous professional board exams that include basic sciences, diagnostic and therapeutic subjects and clinical sciences before we can be licensed. We also study holistic avenues to therapy with a strong emphasis on disease prevention and wellness promotion. As NDs we are trained in such treatment modalities as clinical nutrition and diet counseling, lifestyle counseling, botanical medicine, Chinese medicine/acupuncture and Homeopathy.”

b) from whiteoakmedical.com/faq/:

“Is naturopathic medicine new? Naturopathic medicine is as old as healing itself and as new as the latest discoveries in medical sciences. In 400 B.C., Hippocrates, who is often considered the earliest predecessor of contemporary medicine, stated that “nature is the healer of all diseases”. The word “physician” originates from the Greek root meaning “from nature.” In the US, naturopathic medicine has been a distinct healthcare profession for over 100 years. By the early 20th century, more than 20 naturopathic medical colleges existed in US and naturopathic physicians were licensed in a majority of states. By the 1920s, naturopathic medical convention attracted more than 10,000 practitioners. Naturopathic medicine experienced a temporary decline in the middle of 20th century with the rise of the pharmaceutical industry and medical technology. Over the last three decades, more people than ever are seeking and benefiting from naturopathic medical care, and the number of naturopathic doctors is growing at a record rate to accommodate this increased demand. Is naturopathic medicine scientific? Naturopathic medicine incorporates scientific medical advances with its own unique body of knowledge that has evolved and was refined over centuries. Most of the therapies that are used by naturopathic doctors have been scientifically validated, especially in the areas of acupuncture, botanical medicine, clinical nutrition, homeopathy, and hydrotherapy. Research departments at naturopathic medical schools conduct extensive clinical studies to evaluate existing methods and develop new alternative therapies. These studies are published in peer-reviewed scientific journals. What is the education of a naturopathic physician? Naturopathic physicians (ND) receive four-year undergraduate training in standard pre-medical courses followed by four to five years of graduate medical training, including a two-year clinical internship.

The rigorous academic curriculum includes training in the medical sciences such as anatomy, physiology, biochemistry and neuroscience. They are trained in clinical diagnosis, pathology and such specific topics as pediatrics, gynecology, oncology, dermatology and gastroenterology. Overall, academic training in medical sciences of NDs and MDs is similar. Additionally, NDs are trained in natural therapeutic techniques and holistic treatment principles. In order to get licensed, NDs have to graduate from an accredited naturopathic medical school and pass two national board examinations. How is naturopathic medicine different from conventional medicine? The main difference is in philosophical approach. Naturopathic medicine concentrates on whole-patient wellness with emphasis on prevention, while taking individual physical, mental, emotional, genetic, environmental, social and other factors into account. It attempts to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment. Naturopathic physicians utilize methods and medical substances which minimize the risk of harmful side effects. More and more MDs are adopting naturopathic remedies, but they are not trained to apply them. What treatments does a naturopathic physician employ? Naturopathic physicians use therapies such as botanical medicine, Chinese medicine, acupuncture, clinical nutrition, lifestyle modifications, counseling, homeopathy, hydrotherapy, physiotherapy, exercise therapy, natural childbirth, minor surgery, and limited drug therapy. They apply these treatments according to the naturopathic principles. How is a Naturopathic doctor different from a Homeopath? Naturopathic doctors are trained in homeopathy and utilize it as one of many different treatments. Many Naturopathic doctors choose to specialize in homeopathy and use it as their primary modality of choice. Homeopaths typically practice "classical homeopathy" which utilizes homeopathy as the one and only treatment for the individual. Are naturopathic physicians opposed to drugs and major surgery? No. Naturopathic physicians are not opposed to drugs or surgery when these methods are necessary. However, for many diseases and conditions (a few examples are ulcerative colitis, asthma, arthritis, flu, obesity, and chronic fatigue), treatments used by naturopathic physicians can be primary and curative. How do ND's interact with other health professionals? Naturopathic physicians could function within an integrated framework by cross-referring patients to and from other practitioners, such as MDs, specialists, DOs, psychotherapists, and chiropractors. Also, naturopathic therapies can be employed to complement conventional medical treatments. The result is a team-care approach that recognizes the needs of the patient to receive the best overall treatment most appropriate to his or her specific medical condition. Are there unlicensed "naturopaths" in the U.S? Yes. Unfortunately, not all states regulate naturopathic medicine. This allows some people to obtain questionable degrees from brief correspondence courses, short seminars, or from schools that give credit for life experience and do not require clinical training. Such degrees are not recognized by state degree-authorizing bodies. The State of Connecticut does regulate naturopathic medicine. It requires an ND degree from a nationally accredited four-year naturopathic medical school and certification by a national board. In licensing states, including Connecticut, NDs practice under jurisprudence of the Department of Public Health and are required to carry malpractice insurance. The American Association of Naturopathic Physicians' membership is limited to licensed NDs. Is

naturopathic medicine covered by insurance? Yes. More than 90 insurance carriers provide in-network and out-of-network coverage for naturopathic medicine. Please contact your insurance plan directly to verify your specific coverage for complementary and alternative medicine. Vitamins, herbs, natural supplements and tinctures are not currently covered by insurance plans. I am seeing a medical doctor (MD). Should I tell the physicians about each other? Yes. It is very important that both of your physicians are aware of the treatment you are receiving as well as any medications, herbs or natural supplements you are taking. Naturopathic physicians are trained in herb/drug interactions and can help assure that any herbs or supplements you take are compatible with your medications. What is an appointment with a naturopathic physician like? The first appointment with a naturopathic physician usually lasts 1 1/2 hours. It includes a thorough written questionnaire regarding your health history, your health concerns and your lifestyle. The physician will then conduct an in-depth interview about your health concerns and conduct a physical examination. A comprehensive treatment plan is sometimes developed during the first visit, though it is usually introduced over the next few visits. Return visits are dedicated to examination of laboratory testing, evaluation of patient's progress and, if necessary, modifications to treatment protocols. Follow-up appointments last from 45 min to 1 hour. How many times will I have to see my Naturopathic doctor? This depends on several factors: 1) nature and severity of the condition; 2) patient's response to treatment modalities; 3) individual's healing capacity; and 4) patient's compliance with the treatment plan. Our goal is to bring the individual to a greater level of health. We pride ourselves on providing the best individualized patient care by truly listening to our patients and selecting treatments that best meet the needs of each patient. Please take advantage of our free 20 minute phone consultation. To make an appointment, please call 203-323-0500."

c) from whiteoakmedical.com/about-us/:

"About Us. "Medical Care…Naturally" is a unique holistic treatment approach that combines modern medical science with scientifically-proven and evidence-based alternative therapies. This methodology was developed by Dr. Victoria Shikhman, a founder and a Clinical Director of White Oak Center, based on years of experience and extensive research. Today, we are more dedicated than ever to a natural and healthy lifestyle. We exercise and spend more time outdoors, we eat organically grown foods and drink clean water. We educate ourselves on issues of physical and mental health. However, there is a lot more to natural living than regular exercise and healthy diet. It is crucial that we apply the same natural approach when dealing with our illnesses. There are many effective holistic therapies that could treat our existing medical conditions, prevent occurrence of new diseases, and help us achieve and maintain a state of optimal health. At White Oak Center, we specialize in treatment of acute and chronic conditions utilizing the most advanced naturopathic therapies, including acupuncture and Chinese medicine, herbal medicine, homeopathy, nutritional counseling, and aromatherapy. Our preventative and wellness care program includes detoxification, anti-aging protocols, and facial rejuvenation."

d) from whiteoakmedical.com/about-victoria-shikhman/:

“Dr. Victoria Shikhman, ND. Dr. Victoria Shikhman is a founder and a Clinical Director of White Oak Center. She established the center in 2005 to provide the highest quality holistic care with a very individual approach to serving her patients’ physical, emotional and spiritual health care needs. Dr. Shikhman is board certified Naturopathic Physician and a member of the American Association of Naturopathic Physicians (AANP). She is a licensed naturopathic physician in the State of Connecticut. Dr. Shikhman’s extensive experience in naturopathic medicine, acupuncture and Chinese medicine, botanical medicine, homeopathy, and clinical nutrition allows her to successfully treat many acute and chronic diseases. She is an expert in alternative therapies for Lyme disease, Women’s health, Autoimmune conditions, digestive disorders and many other chronic conditions. Dr. Shikhman received her Doctorate Degree in Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine, which is one of only five nationally accredited schools of naturopathic medicine in the United States and the only one on the East Coast. To stay up-to-date with the latest advances in conventional and alternative medicine, she regularly attends professional seminars, conducts her own research, and reviews the latest medical publications. If you would like to discuss your health concerns with Dr. Shikhman, please contact White Oak Center.”

e) from whiteoakmedical.com/detoxification/:

“Tens of thousands of toxic chemicals are released regularly into our food, our water and our living environments. No matter how careful you are, or where you live, it is impossible to not be exposed in our increasingly polluted world. For those who also use alcohol, tobacco, prescription, non-prescription and illegal drugs, the human toxin load and resulting health problems are even more severe. Detox at White Oak Center Factor in the typical American diet high in fats, sugars, nutrient depleted vegetables, grains, fruit, antibiotic and hormone laden meat, and the result is a human body that cannot perform many important metabolic processes – particularly detoxification. Because it is your liver that carries the greatest detoxification burden in your body, at White Oak Medical we offer specific detoxification programs to help this organ. These detoxification protocols help neutralize and eliminate toxic compounds, rejuvenate your system and supply rest to overloaded digestive organs along with the intestines, skin, lymphatic system, kidneys, gallbladder and liver. While everyone can benefit from a cleansing, it is especially beneficial to people who suffer from autoimmune diseases, allergies, multiple chemical sensitivity, chronic degenerative diseases such as arthritis, fibromyalgia, chronic fatigue syndrome, cardiovascular pathologies and substance addictions. To learn more about benefits of Detoxification please call 203-323-0500.”

f) from whiteoakmedical.com/preventative-medicine-wellness/:

“Preventative Medicine & Wellness. Disease prevention and health promotion is one of White Oak Center’s key goals. Dr. Shikhman continuously counsels our patients on issues of healthy lifestyle, physical fitness, stress management, and proper nutrition. Our prevention and wellness care programs include detoxification, anti-

aging protocols. Anti-Aging. Preventative Medicine - White Oak Medical Scientific research is revealing many of the processes that cause physical aging as the years pass, and with that understanding comes the opportunity to slow the aging process. We're learning that many common diseases can be avoided by eating, or not eating, certain foods, keeping our bodies fit, and protecting ourselves from environmental threats. Dr. Shikhman helps many people to feel young and vigorous again. She will recommend an anti-aging protocol that would fit your current health condition and lifestyle. Dr. Shikhman is certified in Facial Rejuvenation Acupuncture. She completed her training with Dr. Virginia Doran, who is the world's leading expert in this field. To learn more about benefits of preventive medicine, please call 203-323-0500."

g) from whiteoakmedical.com/:

"Welcome to White Oak Center. Complementary and Alternative Medicine. At White Oak Medical we specialize in Naturopathic Medicine. Our treatment protocols combine Western science/diagnosis with research based complimentary/alternative therapies. We believe this combination offers patients the most effective full roster of health care options with an emphasis on prevention. Dr. Victoria Shikhman, ND, is founder and Clinical Director at White Oak Medical. For over seventeen years her focus has been on empowering her patients to honor their bodies, while simultaneously taking charge of their own health and wellness. Dr. Shikhman is a dedicated and experienced naturopathic physician, who takes the time to listen and get to know you as an individual. Our goal is always to build long-standing relationships based on trust. We will work together with you to discover your own unique road to health and wellness. At White Oak Medical we strive to provide you with the best health care available. HOW WE HELP YOU REMOVE BLOCKAGES TO YOUR WELLNESS. Our Naturopathic medical practice is based on the recognition of the uniqueness of each individual, and the integrity of the whole person. We always strive to find the underlying cause of the patient's condition, rather than focusing solely on symptomatic treatment. The main goal of every treatment is to facilitate a healing process and to remove the physical, mental, and emotional obstacles to health and recovery. Thus, each holistic treatment is designed to reflect the patient's specific needs and concerns."

105. ND Nash Pages at gingernash.com

a) from gingernash.com:

"Dr. Ginger Nash. Over 25 years of clinical experience. Are you my patient? Chronic fatigue, digestive distress, post-infectious syndromes and menstrual irregularities are the most common concerns that lead people to my office. These complaints involve systemic inflammation, hormonal imbalances and nervous system dysregulation. My job as your doctor is to grasp the connections between these complex systems and help you restore better function and overall health. Nutritional support, low dose immunotherapy (LDI) and drainage homeopathy are the cornerstones of my work. I am a licensed Naturopathic Physician, and after 25 years of practicing natural medicine I've come to appreciate the incredible power our bodies have to heal, given the right combination of support in a proper therapeutic

order. Even if you have tried taking natural supplements on your own, have read multiple books on health and healing, or have worked with a number of other doctors, I am confident that the tools I use in my practice and the wisdom I have gained over many years of working with complex illness will help illuminate the root causes of your health issues and help determine where we need to begin working toward your health goals. Professional Training. My passion and vision is to help train practitioners that are looking for a framework to address chronic illness in their clients. It incorporates concepts from herbal medicine, European biological medicine, complex homeopathy (aka "drainage"), miasm theory and individualized nutrition with a significant focus on lymphatic health. This nuanced approach isn't taught at any school. The training is appropriate for clinical education for NDs, Nutritionists, Functional Medicine Doctors, bodyworkers, Acupuncturists, Chiropractors, health coaches, APRNs and Nurse Practitioners."

b) from gingernash.com/about:

"Stop chasing symptoms and start feeling better. Conditions I commonly treat. Auto-immune and Immune Dysfunction: Auto-immune conditions have reached epidemic levels and diseases like celiac, Hashimoto's thyroiditis, rheumatoid arthritis and some forms of diabetes are common complaints that I address. I also work with food sensitivities, seasonal allergies, mold and other toxin exposures that may trigger myriad symptoms across the body. Menopause and Hormonal Health: Each life-stage requires special attention as hormonal imbalances produce profound effects on many of your tissues and systems, including your brain. In addition, I work with women in all life stages with PMS/PMDD, PCOS and irregular menstrual patterns. Many of these conditions intersect with the immune issues I have described elsewhere on this website. Post-Infectious Syndromes: Lyme and Co-infections, Bacterial, Fungal and Viral pathogens may present differently according to each person's genetic and epigenetic inheritances and the ability of our immune, hormone and nervous systems to effectively eliminate the infectious agent. My aim is to make your system more resilient in the face of these increasing threats. ME/Chronic Fatigue Syndrome and Post-Covid: The chronic inflammation involved in these conditions must be addressed comprehensively. My work in supporting healthy eliminations and targeted immune support for the rebalancing of the nervous system is an essential piece of this puzzle. This works beautifully in conjunction with other, higher impact, forms of therapy. About my practice .My practice centers around nutrition, herbal medicine and complex homeopathy. Like all good naturopathic doctors, I focus on the underlying causes of disease, not just symptom management. Therefore, it takes time for us to plumb the depths of your health challenges. Please don't be intimidated by this--my work is gentle and I act as a guide in each phase of treatment: We begin with opening the elimination pathways of the body (gentler than detoxification), thereby clearing the way to evaluate and understand more complex dysfunction. In phase 2 we address energetic patterns, sometimes called "signatures", that can be locked into place from a past infection, genetic or epigenetic inheritances and/or any number of life experiences like toxic exposures or emotional challenges. Eventually in phase 3, we look more at your deepest areas of blockage, on the mental/emotional and

sometimes even spiritual plane. This highly individualized process involves our shared understanding of your health goals and trust in my knowledge and expertise to help you along your path to feeling well. This is why I often say I practice "relationship-based medicine." Of course, this process may also involve support from other practitioners using treatment modalities that I do not offer. Therapeutic Modalities. I utilize a wide range of therapeutic modalities in my work with patients. However, below are four that strongly inform my approach as a Naturopathic Physician. Low Dose Immunotherapy: Low dose immunotherapy (LDI) uses very low dilutions of various antigens to help create immune tolerance. Therefore, LDI is a wonderful way to address any number of conditions where the immune system is involved. LDI is an incredible tool to address sensitivities and allergies to many substances and chronic inflammation as a result of auto-immune processes and post-infectious patterns. Low dose immunotherapy is not regulated by the FDA and has not been tested in double-blind randomized studies. Beneficial results have been clinically observed by the doctors using this therapy for over 40 years and it is a safe modality for both adults and children. Whole-Body Thermography: Whole-body thermography is a diagnostic tool that I have used in my evaluation of patients for almost a decade. Whether you are in chronic pain, have mysterious fatigue, or are simply looking to stay healthy, this exam gives me a plethora of information about how your body is functioning. Rather than simply using an infrared camera to take a picture of the breasts or other body parts and look for hot and cold, whole-body thermography is evaluating how the autonomic nervous system is regulating the whole body—by measuring points before and after a cold stimulus phase. Everything from the sinuses, dental points, chest and breast, stomach, intestinal, liver and pelvic health is assessed. This is different than most types of thermography that focus on breast health alone. Blood Type/Genotype Diet:I use a sophisticated dietary analysis and reporting software program that Dr. Peter D’Adamo designed for clinical practice. GenoType Diet software helps me construct personalized nutritional guidelines based on key genetic findings and also the science of epigenetics. I’ve been using this software for many years and feel that the individualized approach recommended through the GenoType Diet has been more useful than food sensitivity testing alone. There is no such thing as an ideal diet in a vacuum--we must know what makes you unique and this software really is a one-of-a-kind tool. You can learn more from Dr. D’Adamo’s website here. Acupuncture. Acupuncture, simply put, is a health science that is used to treat both pain and dysfunction in the body. Being a system of medicine unto itself, it can be used for virtually any imbalance or pathology. Early Chinese physicians discovered there is an energy network traversing just below the surface of the skin that communicates from the exterior to the internal organs. This energy works in harmony with the body’s circulatory, nervous, muscular, digestive, genitourinary and all other systems of the body. When this vital energy (Qi) becomes blocked or weakened, any number of effects may become evident. Pain, inflammation, poor circulation, dysfunction of immunity, or hormonal functioning, are all examples of how the body might respond.”

c) from gingernash.com/acupcunture:

“What is acupuncture? Acupuncture, simply put, is a health science that is used to treat both pain and dysfunction in the body. Being a system of medicine unto itself, it can be used for virtually any imbalance or pathology. Early Chinese physicians discovered there is an energy network traversing just below the surface of the skin that communicates from the exterior to the internal organs. There are over 1,000 acupuncture points on the body. This energy works in harmony with the body’s circulatory, nervous, muscular, digestive, genitourinary and all other systems of the body. When this vital energy becomes blocked or weakened, any number of effects may become evident. Pain, inflammation, poor circulation, dysfunction of immunity, or hormonal functioning, are all examples of how the body might respond. Stimulation of one, or a combination of key acupuncture points on the body, aims to restore harmony to the affected area or physiological function. The roots of acupuncture are planted firmly in China. It is estimated that acupuncture is between 5,000 and 7,000 years old and has been used extensively throughout the Far and Middle Eastern worlds. It spread from the Middle East to the Roman Empire and Western Europe, eventually making its way to the United States. In the 1970s acupuncture became better known throughout this country, partly as a result of relaxed diplomatic relations between China and the U.S. Today, acupuncture is becoming ever more popular as part of wider participation in “alternative therapies”, sought out to address common ailments and a new approach to health and healing. How many treatments are needed? The number of treatments varies with different conditions and individuals. Chronic problems generally require more treatment than acute ones. Some patients notice an immediate improvement after the first treatment, whereas others may not notice any effect until the seventh or eighth visit. It’s been shown that a certain percentage of patients receive maximum benefit up to three months following a course of therapy. What can be treated with Acupuncture? Acute and chronic pain relief Migraine Tension, cluster and sinus headaches Trigeminal neuralgia Bladder dysfunction Cervical (neck) pain and mid-back pain Post-operative pain relief Gastric problems Asthma Allergies Skin conditions Hemorrhoids Abnormal blood pressure Fatigue Anxiety * This is only a partial list of the numerous conditions Acupuncture has been credited with helping. (adapted from the International Academy of Acupuncture).”

d) from gingernash.com/blood-type-diet:

“What is the Blood Type/Genotype Diet Program? I use a sophisticated dietary analysis and reporting software program that Dr. Peter D’Adamo designed for clinical practice. GenoType Diet software helps me construct personalized nutritional guidelines based on both some key genetic findings and also the science of epigenetics. I’ve been using this software for many years and feel that the individualized approach recommended through the GenoType Diet has been more useful than food sensitivity testing alone. The ins-and-outs of this are discussed in my article Food Sensitivities and Epigenetics published in Naturopathic Doctors News and Review several years ago. The Genotype Diet program has given me the tools to create completely specific diets for people with various conditions, with differing inherited weaknesses or strengths, based on vast amounts of nutritional information. The GenoType Diet process involves taking a personal health history,

biometric testing, bio-impedence testing, blood testing and a number of other health factors and goals. The program can be further customized to reflect the patient's preferences, such as Kosher or vegetarian. Once the process is complete, a fully customized book is created that includes, food lists, meal plans and recipes. It's really a one-of-a-kind diet tool. You can learn more from Dr. D'Adamo's website here. What utilizing the Blood Type/Genotype Diet is effective for: Acne Babesia Bartonella Candida (Yeast) Sensitivity Chemical Sensitivities Dust Mite (and other indoor) Allergies Eczema Endometriosis Environmental Allergies Epstein Barr Virus (EBV) Food Sensitivities Herpes Simplex Virus (HSV) Hives (Chronic Urticaria) Inflammatory Bowel Disease (Ulcerative Colitis, Celiac's and Crohn's) Interstitial Cystitis (chronic UTIs) Lyme Disease (and all of the co-infections) Mold Sensitivity Seasonal Allergies (pollen, trees, grasses, etc.) Vaginitis."

e) from gingernash.com/thermography:

"What is Whole-Body Thermography? Whole-body thermography is a diagnostic tool that has been a cornerstone of my evaluation of patients for almost a decade. Whether you are in chronic pain, have mysterious fatigue, or are simply looking to STAY healthy, this exam gives me a plethora of information about how your body is functioning. Rather than simply using an infrared camera to take a picture of the breasts or other body parts and look for hot and cold, whole-body thermography is evaluating how the autonomic nervous system is regulating the whole body—by measuring points before and after a cold stimulus phase. Everything from the sinuses, dental points, chest and breast, stomach, intestinal, liver and pelvic health is assessed. This type of thermography is a whole-body screening and is based on the physiology of temperature regulation in humans. When an organ is healthy, or functioning optimally, it will respond to cooling stimuli on the skin's surface. When there are "abnormal" responses we know there is something going on beneath the surface and we can detect changes very early in a disease process by measuring the skin's temperature with an infrared sensor. Certain temperature patterns may be indicative of underlying irregular body functioning, which we may then decide to investigate further. The test is designed for men, women and children. It is not an imaging device like an MRI, mammogram or ultrasound. Whole-body thermography has been used in Europe for more than 20 years, and has recently been computerized to make interpretation easier and more accurate. The technology has come a long way in terms of accuracy and reproducible findings. The machine I use is the same one used by Paracelsus Klinik in Switzerland and by Dr. Daniel Beilin, who brought this German technology to the U.S. about 30 years ago. For more information, please contact our office. How does it work? The autonomic nervous system, which controls automatic body functions, determines circulation to internal organs as well as the skin. It does this by altering the amount of dilation and constriction in blood vessels. Air temperature around the body impacts the nervous system and therefore affects blood flow. By measuring the temperature of over 100 points on the skin before and after a cold stimulus, we can monitor changes in circulation. The temperature, and the way it changes, tells us about the regulation of the organ and tissues that correlate to the points measured. What is a session like? The test is gentle and non-invasive. After adapting to room temperature, the

first set of measurements is taken. A ten-minute cooling phase follows before measuring the points a second time. You will be undressed (to your underwear) for the cooling phase and this exam is done by my trained technician who is wonderful. After the results are interpreted, they will be explained during a follow-up appointment. What can be diagnosed with Whole-Body Thermography? Breast, ovarian and prostate health can be assessed. This technology also helps me understand possible causes of various chronic disease. This could be lymphatic or blood circulatory problems, latent infections, toxic reactions to food, the presence of intestinal dysbiosis, and possible correlations between dental health and disease. Your ability to detoxify can be estimated by thermometry. It is a very comprehensive picture of one's overall health but often times I use blood work to confirm organ function. In other words, it is only one way to look at things but it isn't going to tell me everything I need to know in many cases."

f) from gingernash.com/ldi:

"What is Low Dose Immunotherapy (LDI)? Low dose immunotherapy is really just as it sounds. It means using very low dilutions of various antigens that help create immune tolerance. Low dose immunotherapy (LDI) is a wonderful way to address any number of conditions where the immune system is involved. This includes auto-immune diseases and much more. LDI is an incredible tool to address sensitivities and allergies to many substances and chronic inflammation as a result of tick-borne disease like Lyme and it's common co-infections. In addition, there are many other auto-immune conditions that are triggered by a pathogen, or antigen. See here for some introductory videos by Dr. Ty Vincent who developed this therapy from previous doctors who built upon concepts in traditional immunotherapy ("allergy shots"). Low dose immunotherapy is not regulated by the FDA and has not been tested in double-blind randomized studies. Therefore, what follows is a proposed mechanism of action. Please note, beneficial results have been clinically observed in the doctors using this therapy for over 40 years and it is totally safe. There is no risk of an allergic reaction using this type of therapy. When do I recommend LDI? Low dose immunotherapy has the potential to help any chronic condition that is immune-mediated. This is because our immune systems will develop tolerance to substances that are causing a variety of symptoms in sensitive individuals. The tiny amounts of antigens administered will help certain cells in our immune systems, lymphocytes, that regulate the immune response so that we are no longer reactive. Once the effective dose is found, re-dosing occurs between 6-8 weeks for an indeterminate amount of cycles depending on how well you respond. I have seen some children need only 2-3 doses and adults the range is wider. Low dose immunotherapy is not regulated by the FDA and has not been tested in double-blind randomized studies. Therefore, what follows is a proposed mechanism of action. Please note, beneficial results have been clinically observed in the doctors using this therapy for over 40 years and it is totally safe. There is no risk of an allergic reaction using this type of therapy. Conditions I have successfully treated with Low Dose Immunotherapy Acne Babesia Bartonella Candida (Yeast) Sensitivity Chemical Sensitivities Dust Mite (and other indoor) Allergies Eczema Endometriosis Environmental Allergies Epstein Barr Virus (EBV) Food Sensitivities Herpes Simplex

Virus (HSV) Hives (Chronic Urticaria) Inflammatory Bowel Disease (Ulcerative Colitis, Celiac’s and Crohn’s) Interstitial Cystitis (chronic UTIs) Lyme Disease (and all of the co-infections) Mold Sensitivity Seasonal Allergies (pollen, trees, grasses, etc.) Vaginitis.”

g) from gingernash.com/training:

“Improved Outcomes in Complex Chronic Illness: Training for Professionals Are you ready to elevate your practice and achieve better results for your patients struggling with complex chronic illnesses? My specialized training is now available for immediate access, designed specifically for dedicated professionals like you. Get The Training Transforming Complex Illness with Innovative Solutions In the realm of healthcare, addressing complex illnesses requires more than just a one-size-fits-all approach. If we overlook the importance of supporting healthy elimination pathways, practitioners may find themselves in a frustrating cycle of chasing deficiencies and various root causes without achieving lasting improvements for their patients. This often leads to over-supplementation, leaving patients feeling disheartened and still unwell. What if there was a better way? Through my 30 years of dedicated study and 25 years of clinical practice, I have developed a unique approach that is not covered in traditional naturopathic schools or functional medicine programs. My passion lies in empowering practitioners of natural medicine to thrive in their practices, and I am excited to share this transformative knowledge with you. Introducing Complex Homeopathy Complex homeopathy is a groundbreaking system of medicine specifically designed to tackle the intricate health challenges of today. Chronic stress, environmental toxins, and persistent pathogens can overwhelm our nervous and immune systems, leading to organ system dysregulation and chronic illness. While many modalities exist in natural medicine, complex homeopathy stands out by offering a comprehensive way to address the subtle yet profound issues affecting our most vulnerable patients. Unlike “classical” or “constitutional” homeopathy, which typically utilizes a single remedy, complex homeopathy employs formulations made from multiple homeopathic substances. This innovative approach focuses on supporting the body's natural elimination or drainage pathways, ensuring that healing occurs gently and effectively. Why Choose Drainage Over Detox? Drainage is distinct from detoxification. Instead of merely targeting deficiencies, toxins, or pathologies, drainage emphasizes the body's innate elimination routes, promoting overall health and vitality. By centering our efforts on organ system physiology rather than just the “totality of symptoms”, complex homeopathy provides a more direct and effective pathway to wellness, particularly for highly sensitive patients recovering from complex chronic illnesses, toxic exposures, infections, and chronic stress. By incorporating complex homeopathy into your practice, you can offer your patients a more gentle and effective approach to healing. This course will enhance your practice and help your patients achieve the lasting health improvements they strive for. Studying and implementing this approach will transform your understanding of health and you’ll witness the remarkable results it can bring to your patients. Enhanced Outcomes in Complex Chronic Illness Are You Ready to Elevate Your Practice? Transform the way you approach complex chronic illnesses and start

achieving better results for your patients. What You Will Learn: Understanding Complex Chronic Illness The intricate interplay of symptoms and root causes. How to identify and address underlying issues effectively. Effective Treatment Modalities Techniques for supporting healthy elimination pathways. Integrative approaches that complement existing treatments. Patient-Centered Care Building trust and rapport with sensitive patients. Strategies for personalized treatment plans that lead to lasting improvements. Immediate Access! This training is available NOW for you to start your journey toward mastery. Enroll today and transform your practice with actionable insights that can make a real difference. Join a Community of Like-Minded Practitioners! Connect with fellow professionals committed to advancing natural medicine. Share experiences, insights, and support each other in achieving excellence. Don’t Miss This Opportunity! Your path to improved patient care starts here. Click the link below to enroll and begin study in managing complex chronic illness. Together, Let’s Make a Difference in Patient Health! Exactly What You’ll Get: Over 16 hours of educational video content, specifics below. Three, 45 min 1-on-1 sessions with me to answer your questions and review cases from your practice.. Access to monthly grand rounds open to all past participants of this training, all of whom are amazing practitioners themselves. Enroll Now Outline of the Training Program Level One: The Framework Introduction to Complex Homeopathy Definition and overview of complex homeopathy. Understanding "Drainage" Importance and role of drainage in health. Principles of Homotoxicology Core concepts and their applications in treatment. The Lymphatic System and Extracellular Matrix Exploration of their significance in health and disease. Miasm and Temperament Understanding individual responses to illness and treatment. Level Two: The Medicines Organ System and Root Cause Approach Integrating organ systems into treatment plans. Unda Numbered Compounds System Overview and application of Unda products. Working with Physica Energetics Products Utilizing Physica Energetics for patient care. Working with Nucleic Products Role of Nucleic products in healing with emphasis on the neurological system. Working with Viatrexx Products Incorporating Viatrexx into treatment strategies for the most sensitive people. Level Three: Clinical Applications Intestinal Health Strategies for optimizing gut health. The Gut/Brain Axis Understanding the connection and its implications for treatment. Women's Hormone Imbalances Addressing common hormonal issues in women. Women's Health: Lesional Pathology Exploring specific health challenges related to women's health. Post-Infectious Syndromes Comprehensive approaches to conditions like Lyme disease, co-infections, and viruses. Auto-Immune Disease Strategies for managing and supporting patients with autoimmune conditions. This course is for licensed professionals, especially naturopathic doctors, but open to anyone that has a practice working with clients on chronic health issues. This course will be a dive into the way to assess and select complex, or drainage, remedies so that you will have a clear entry point for addressing your complex patients with a multitude of issues. Level Two introduces a number of unique products and how to incorporate them for excellent results. Level Three focuses on clinical applications and the 1-on-1 sessions give you time to review cases from your own practice. Even though the focus is on homeopathy, there will be other aspects of naturopathic medicine (nutrition and herbal medicine) woven throughout. Clinical topics as follows: Intestinal Health, Women’s Health-

hormonal imbalances, Women’s Health-lesional pathology, Auto-immune Conditions, Post-infectious Syndromes (includes Lyme and viruses), and Metabolic Syndromes. We will review cases from actual naturopathic practice, discussing a comprehensive approach to chronic illness within the context of nutritional science and the principals of homotoxicology and nervous system regulation. Unlike many online courses which are just an “information download”, this training will encompass all of these modalities within a clinical context. You will have the opportunity to bring your patient cases for discussion to our 1-on-1 sessions and the monthly grand rounds for the community. About me. I am a licensed Naturopathic Physician, and after 25 years of practicing natural medicine I’ve come to appreciate the incredible power our bodies have to heal, given the right combination of support in a proper therapeutic order. My passion and vision is to help train practitioners who are looking for a framework to address chronic illness in their clients. It incorporates concepts from herbal medicine, European biological medicine, complex homeopathy (aka "drainage"), miasm theory, and individualized nutrition with a significant focus on lymphatic health. This nuanced approach isn't taught at any school. The training is appropriate for clinical education for NDs, Nutritionists, Functional Medicine Doctors, bodyworkers, Acupuncturists, Chiropractors, health coaches, APRNs, and Nurse Practitioners.”

h) from gingernash.com/post/using-the-art-and-science-of-homeopathy-with-your-complex-clients-with-dr-ginger-nash-nd:

“Using The Art and Science of Homeopathy with Your Complex Clients with Dr. Ginger Nash, ND Homeopathy can be a phenomenally powerful tool to use, especially for people who are sensitive.” – Dr. Ginger Nash, ND Homeopathy is a tool well-suited to the complexities of modern life. It works at the intersection of the immune, endocrine, and nervous systems, each of which is unbelievably complicated by itself. Every practitioner knows that things are getting more complex, from the viral and bacterial landscape to increased mold exposure, environmental stressors, and the internal physiological effects of chronic stress and the modern lifestyle. With these factors in mind, we have to approach things in a more unique and innovative way to help our clients bring their bodies back into balance. Today, I’m excited to introduce you to Dr. Ginger Nash, a practicing naturopathic physician for over 25 years who’s especially focused on working with people with complex chronic illnesses and who are very sensitive. Dr. Nash has shown that sometimes the system needs a much more gentle approach to reach a deeper level of healing, stability, and resilience. In this conversation, Dr. Nash and I discuss how you can integrate the principles of homeopathy into your practice, the benefits of homeopathy for hormone imbalances and complex chronic illnesses, her unique approach to homeopathy, why it’s crucial to support the body’s elimination pathways, the value of understanding each patient’s unique clinical history, and more. Enjoy the episode, and let’s innovate and integrate together!”

106. ND Whitton Pages at adonaiohw.com

a) from adonaiohw.com:

“Adonai Optimal Health & Wellness. Naturopathic & Integrative Wellness Practice in Monroe, CT. Request An Appointment Today! Welcome To Adonai Optimal Health & Wellness. Naturopathic & Integrative Wellness Practice in Monroe, CT. Adonai Optimal Health and Wellness is an Integrative Wellness Facility located in Monroe, Connecticut. Adonai Optimal Health and Wellness Facility was founded by Dr. Yvette M. Whitton in 2013. Whitton. Dr. Whitton is a Connecticut State licensed Naturopathic physician. At Adonai, we practice patient focused wellness, forming a collaboration between Naturopathic and conventional medicine for the greater good of the patient, by providing the safest, most effective, evidence based treatment options. Our area of specialization is on Chronic disease, including Cancer, Homeopathy, Naturopathy, and Botanical Medicine. Nutritional IV Therapy. Integrative Medicine. Detox Program. Our Mission: We cannot claim to cure any disease, but our goal is the restoration of healing harmony within the individual who is “housing” the disease. Aligned with the philosophy of Naturopathic medicine, we believe that the individual possesses the innate ability for healing within him/herself, and thus once harmony of mind, body and spirit is restored, healing results. Our mission is Community Empowerment through Education and Environmental Awareness. Aligned with the philosophy of Naturopathic medicine in CT, we believe that the individual possesses the innate ability for healing within him/herself, and thus once harmony of mind, body and spirit is restored, Healing results. Our mission is Community Empowerment through Education and Environmental Awareness. Naturopathic & Integrative Wellness Practice in Monroe, CT. Meet Our Doctor. Dr. Whitton is a Board Certified, Licensed Naturopathic Physician. She is Founder and Clinic Director at Adonai Optimal Health and Wellness. Her Journey into Naturopathic Oncology began after loosing her mother to pancreatic cancer in 2013. Her diligence and passion has led to the acquisition of extensive knowledge in Naturopathic and Integrative Oncology, earning certifications in Integrative Oncology from the Metabolic Terrain Institute of Health founded by the renowned Dr. Nasha Winters. Read More Naturopathic & Integrative Wellness Practice in Monroe, CT | Adonai Optimal Health & Wellness. Affiliations: Metabolic Terrain Institute of Health – Dr. Nasha Winters Member of the Oncology Association of Naturopathic Physicians Associate Member of Oncology Association of Naturopathic Medicine.”

b) from adonaiohw.com/about:

“About Adonai Optimal Health and Wellness is a Naturopathic Facility in Monroe, Connecticut founded by Dr. Yvette M. Whitton, a licensed Naturopathic and Integrative Wellness physician. Dr. Whitton founded Adonai Optimal Health and Wellness, LLC in 2013. At Adonai, we practice patient focused wellness, forming a collaboration between Naturopathic and conventional medicine for the greater good of the patient, by providing the safest, most effective, evidence based treatment options. Our area of specialization is on Chronic disease, including Cancer. We do not claim to cure any disease, but our goal is the restoration of healing harmony within the individual who is “housing” the disease. Aligned with the philosophy of Naturopathic medicine in CT, we believe that the individual possesses the innate ability for healing within him/herself, and thus once harmony of mind, body and

spirit is restored, Healing results. Our mission is Community Empowerment through Education and Environmental Awareness.”

c) from adonaiohw.com/acupuncture-specialist-in-monroe-ct:

“Acupuncture Specialist in Monroe CT. Acupuncture in CT| Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Acupuncture Treatment. Here is some information you should know about the benefits of Acupuncture Treatment. At Adonai Optimal Health and Wellness Facility, we offer traditional acupuncture, acupuncture both body and auricular (ear) acupuncture. What is acupuncture? Acupuncture Therapy involves the use of very thin acupuncture needles on your skin at specific points on your body. The key reason for this traditional Chinese medicine, acupuncture, is most commonly to treat pain and always used for overall wellness and stress management. Acupuncture is a technique for balancing the flow of energy or life force in your body. By inserting acupuncture needles into precise points along these meridians, acupuncture physicians believe that your energy flow will re-balance. Many acupuncture specialists view the acupuncture points as places to stimulate nerves, muscles and connective tissue. This stimulation boosts your body’s natural painkillers. How does acupuncture help? Acupuncture is used mainly to relieve discomfort associated with a variety of diseases and conditions. What does acupuncture help with? There are many benefits of acupuncture and acupuncture therapy can help treat many symptoms. Some of the most common reasons to use this homeopathic treatment are: acupuncture for back pain, acupuncture for neck pain and headaches (tension headaches and migraines), acupuncture for anxiety and depression, acupuncture for chronic pain, and acupuncture for knee pain. Other symptoms that are commonly treated by acupuncture are: Chemotherapy-induced and postoperative nausea and vomiting Osteoarthritis Dental pain Labor pain and menstrual cramps Respiratory disorders.”

d) from adonaiohw.com/bioelectromagnetic-response-therapy-in-monroe-ct:

“BioElectromagnetic Response Therapy in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in BioElectromagnetic Response Therapy, PEMF (Pulsed Electromagnetic Frequency) Therapy, as well as Bioenergetic assessment. Here is some information you should know about the benefits of BioElectromagnetic Response Therapy. What is BioElectromagnetic Response Therapy? BioElectromagnetic Response Therapy is the use of electromagnetic fields to treat and prevent disease and promote health and strength. During the response therapy, the living tissue is transparent to magnetic fields so when an electromagnetic field is placed close to the human body, it will induce electrical currents. There have been thousands of studies to prove the effects of BioElectromagnetic Response Therapy on several conditions. What can BioElectromagnetic Response Therapy treat? Some of the documented effects of

bioelectromagnetic fields include faster healing, increase of blood flow, greater cellular energy, reduced inflammation, muscle relaxation, bone formation, improved oxygenation, better sleep, improved fertility, heightened intellectual ability, reduced stress and better mood. Osteoporosis and Arthritis impacts from BioElectromagnetic Response Therapy BioElectromagnetic Response Therapy has proven effective in healing non-union fractures and stimulates the formation of new bone with known benefits in osteoporosis and arthritis. Osteoporosis patients frequently suffer from compression fractures due to fragile bones. BioElectromagnetics has been reported to ease pain, heal existing fractures and prevent future breaks as normal bone density is restored."

e) from adonaiohw.com/botanical-medicine-ct:

"Botanical Medicine CT. Botanical Medicine | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe CT we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Botanical Medicine. Here is some information you should know about the benefits of Botanical Medicine. What is Botanical Medicine? Botanical medicine comprises plants, or substances that come from plants, that are used to treat or prevent disease. Very similar to herbal remedies, botanical medicine treats illness using plant parts whereas herbal remedies strictly use herbs, such as bark, seeds, roots, and stems. Some of the most popular botanical medicines include ingredients such as, cranberries, saw palmetto, soy, echinacea, ginko, etc. What health conditions does Botanical Medicine Treat? Several clinical studies have tested and proven the effects of Botanical Medicine on the maintain overall health and treating disease. Some of the functions that Botanical Medicine has been known to improve are: Cardiovascular and Circulatory functions Endocrine and Hormonal functions Digestive, Gastrointestinal, and Liver functions Reproductive functions Immune functions Skin, Muscular and Skeletal functions Metabolic and Nutritional functions Respiratory and Pulmonary functions Genito-urinary and Renal functions."

f) from adonaiohw.com/services/colonic-hydrotherapy-in-monroe-ct:

"Colonic Hydrotherapy in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness specialties, including Colonic Hydrotherapy. Here is some information you should know about the benefits of Colonic Hydrotherapy. What is Colonic Hydrotherapy? Colon hydrotherapy is the intricate washing of the colon with warm water, to remove encrusted fecal residue, gas and mucous plagues. This therapy enables essential nutrients to be retained all the more effortlessly and abandons you feeling revived and lighter. Colon hydrotherapy involves the safe infusion of water into the colon through the anus. There are no drugs or chemicals used during the procedure. A healthy gut is essential for optimal health. When the colons fail to perform its duties, the body starts to function at a much lower efficiency resulting in chronic diseases. Can Colonic Hydrotherapy detox your body? The colon is distressed with all the burden from our daily consumption habits like excess consumption of animal proteins,

processed food, fat, and sugar. Without colonic hydrotherapy, toxic materials end up re-entering our bloodstream and reducing our bodies capacity to function at an optimum level. How can colonic hydrotherapy help? Increased energy Improved circulation Clearer skin and eyes Mental clarity Better digestion Relief from bloating and heaviness Weight normalizing Removing the waste material from the colon literally destroys the habitat for the harmful bacteria. The immune system gets strengthened so the body becomes more protected against various health conditions such as: constipation, diarrhea, irritable bowel, bloating, excessive gas, indigestion, allergies, candida overgrowth, skin problems, brittle nails and hair, abnormal body odor, unpleasant breath, backache, stiffness, arthritis, fatigue, insomnia, poor concentration, and headaches."

g) from adonaiohw.com/detoxification-protocols-in-monroe-ct:

"Detoxification Protocols in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Detoxification Protocols in CT. Here is some information you should know about the benefits of Detoxification Protocols. We offer a full detoxification program, including Far Infrared Sauna treatment, Colonics, Salt Scrubs and Clay wraps offered and medicinal teas, in our Hydrotherapy Suite. What are Detoxification Protocols? Detox (detoxification) is the process of removing toxic substances from the body. Detox treatment is provided at the beginning of most inpatient programs at alcohol and drug rehabilitation facilities as well as cleanse many other toxic substances from the body. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut, we offer many treatments for full detoxification."

h) from adonaiohw.com/energy-medicine-in-ct:

"Energy Medicine in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Energy Medicine in CT. Here is some information you should know about the benefits of Energy Medicine. What is Energy Medicine? Energy medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote optimal wellness. You heal the body by activating its natural healing energies as well as by restoring energies that have become weak, disturbed, or out of balance. What techniques are used? Energy Medicine utilizes techniques from healing traditions such as acupuncture, yoga, kinesiology, and qi gong. Flow, balance, and harmony are non-invasive ways to restore and maintain an energy system. By tapping, massaging, pinching, twisting, or connecting specific energy points on the skin; by tracing or swirling the hand over the skin along specific energy pathways; through exercises or postures designed for specific energetic effects; by focused use of the mind to move specific energies; and by surrounding an area with healing energies. Use energy medicine to treat illness and relieve pain; stop the onset of illness as soon as

it begins, stimulate immune function, relieve headaches, release stress, improve memory, enhance digestion, relieve arthritis, neck, shoulder, and low back pain, and cope with electromagnetic pollution."

i) from adonaiohw.com/homeopathy-in-monroe-ct:

"Homeopathic Treatment in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Homeopathy in CT. Here is some information you should know about the benefits of Homeopathy. What is Homeopathy? Homeopathy, or Homeopathic Medicine, is the practice of medicine that embraces a holistic and natural approach to treatment. Homeopathic Medicine is based in the concept that the body can heal itself. It treats the person as a whole rather than focusing on a specific disease or illness. Homeopathy is natural because its remedies are produced from natural sources, such as vegetables, minerals, or animals in nature. What Conditions Does Homeopathy Treat? Homeopathic Medicine is used for a wide variety of health issues, including some chronic illnesses: Allergies Migraines Depression Chronic fatigue syndrome Rheumatoid arthritis Irritable bowel syndrome Premenstrual syndrome. Homeopathic Medicines can be used for minor issues like bruises, scrapes, toothaches, headaches, nausea, coughs, and colds. It is not recommended to use homeopathic medicine for life-threatening illnesses, like asthma, cancer, and heart disease, or in emergencies."

j) from adonaiohw.com/hydrotherapy-in-monroe-ct:

"Hydrotherapy in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Hydrotherapy Treatment in CT. Here is some information you should know about the benefits of Hyrdotherapy. What is Hydrotherapy? Hydrotherapy is the use of water in the treatment of different conditions like osteoarthritis, recovery, rheumatoid arthritis, etc. The type of exercises used in hydrotherapy are adjusted to help with your range of movement or strength, depending on your symptoms. Hydrotherapy is focused on slow, controlled movements and relaxation."

k) from adonaiohw.com/immunotherapy-in-monroe-ct:

"Immunotherapy in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Immunotherapy in CT. Here is some information you should know about the benefits of Immunotherapy. The immune therapy that we offer at Adonai Optimal Health and Wellness in Monroe, CT, is called elixor. Elixcor is from the plant viscum alba. This medicine is thoroughly researched, and used widely through clinics in Germany. In fact, there is currently a research program taking place at John Hopkins University in Maryland. It has been

sponsored by the non-profit group called Believe Big. The founder of this organization recovered completely from stage 4 colon cancer using this therapy, no chemotherapy! What is Immunotherapy? Immunotherapy is treatment that uses certain parts of a person's immune system to fight diseases such as cancer. This can be done in a few ways: Stimulating your immune system to work harder or smarter to attack cancer cells Giving you immune system components, such as man-made immune system proteins. Immunotherapy includes treatments that work in different ways. Some boost the body's immune system overall. Others help train the immune system to attack cancer cells specifically. Immunotherapy works better for some types of cancer than for others. It's used by itself for some of these cancers, but for others it seems to work better when used with other types of treatment. What are some types of cancer immunotherapy? The main types of immunotherapy now being used to treat cancer include: Monoclonal antibodies: These are man-made versions of immune system proteins. Antibodies can be very useful in treating cancer because they can be designed to attack a very specific part of a cancer cell. Immune checkpoint inhibitors: These drugs basically take the 'brakes' off the immune system, which helps it recognize and attack cancer cells. Cancer vaccines: Vaccines are substances put into the body to start an immune response against certain diseases. We usually think of them as being given to healthy people to help prevent infections. But some vaccines can help prevent or treat cancer. Other, non-specific immunotherapies: These treatments boost the immune system in a general way, but this can still help the immune system attack cancer cells."

l) from adonaiohw.com/integrative-medicine-in-monroe-ct:

"Integrative Medicine in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Integrative Medicine in CT. Here is some information you should know about the benefits of Integrative Medicine. What is Integrative Medicine? The Integrative medicine approach to care is holistic by putting the patient at the center and addressing the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. Employing a personalized strategy that considers the patient's unique conditions, needs and circumstances, it uses the most appropriate interventions from an array of scientific disciplines to heal illness and disease and help people regain and maintain optimum health. Integrative medicine seeks to restore and maintain health and wellness across a person's lifespan by understanding the patient on an individual level and addressing the full range of physical, emotional, mental, social, spiritual and environmental influences that impact health. Through personalizing care, integrative medicine uses a holistic point-of-view by going beyond the treatment of symptoms to address all the causes of an illness. In doing so, the patient's immediate health needs as well as the effects of the long-term and complex interaction between biological, behavioral, psycho-social and environmental influences are taken into account. What are the principles of Integrative Medicine? The patient and practitioner are partners in the healing

process. All factors that influence health, wellness and disease are taken into consideration, including body, mind, spirit and community. Providers use all healing sciences to facilitate the body's innate healing response. Effective interventions that are natural and less invasive are used whenever possible. Good medicine is based in good science. It is inquiry driven and open to new paradigms. Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount. The care is personalized to best address the individual's unique conditions, needs and circumstances. Practitioners of integrative medicine exemplify its principles and commit themselves to self-exploration and self-development."

m) from adonaiohw.com/lymphatic-drainage-in-monroe-ct:

"Lymphatic Drainage in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a Naturopathic Physician in CT Dr. Whitton specializes in Lymphatic Drainage in CT. Here is some information you should know about the benefits of Lymphatic Drainage. What is Lymphatic Drainage? Lymphatic Drainage Therapy is also known as a manual lymphatic drainage massage. Lymphatic drainage massage is a gentle form of massage that incites the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Lymphatic drainage can benefit people with fibromyalgia, lymphedema, and other conditions. The lymphatic system has a network of vessels and nodes which contains lymph, a mixture of water, proteins, immune system components, waste products, and other fragments of cell metabolism. Lymph nodes filter out debris and are found throughout the body. There are large groups of them in the neck, armpits, and groin. These key collections of lymph nodes ensure that the lymph passes through as many nodes as possible before it returns to the circulatory system. What happens during a manual lymphatic drainage massage? Manual Lymphatic Drainage Massage is a specialized massage that assists the lymphatic system in maintaining the body's fluid balance, blood circulation, and immune mechanisms. During the lymph drainage massage, a series of gliding, compressing, stretching, and cupping motions are used over the client's body. The rhythmic movements, applied without massage oil, stimulate the lymphatic system without compressing the vessels. The importance of these movements are that they allow lymph to move easily through the tissues and lymph nodes. The massage follows a specific sequence over the body so lymph isn't stuck anywhere, making sure every area is treated with care. What are the benefits of Lymphatic Drainage? Lymphedema fibromyalgia swelling or edema skin disorders arthritis stress digestive problems fatigue insomnia migraine episodes."

n) from adonaiohw.com/naturopathic-and-integrative-oncology-treatment-in-monroe-ct:

"Naturopathic and Integrative Oncology in CT | Adonai Optimal Health and Wellness Services. At Adonai Optimal Health and Wellness Facility in Monroe, Connecticut we have experience in several Naturopathic and Integrative Wellness treatments. As a

Naturopathic Physician in CT Dr. Whitton specializes in Naturopathic and Integrative Oncology in CT. Here is some information you should know about the benefits of Naturopathic and Integrative Oncology Treatment in CT. What is Naturopathic and Integrative Oncology? Naturopathic oncology applies the science of naturopathic medicine to the field of cancer care and treatment. Naturopathic oncologists use diet and lifestyle interventions, herbs, nutritional medicine, homeopathy, detoxification and counseling to cancer treatment. The use of natural therapies is helpful at any stage of the cancer process. These therapies help reduce risk factors, prevent recurrence, increase healing from surgery and reduce side effects of chemotherapy and radiation. Natural therapies help to strengthen the immune system, boost energy levels, ease digestion, promote sleep and improve well-being. What types of symptoms can Naturopathic and Integrative Oncology help with? Patients can experience many symptoms while going through cancer treatment many of which Naturopathic and Integrative oncologists can help with. Some of these symptoms include: fatigue pain mucositis nausea and vomiting diarrhea and/or constipation dermatitis and peripheral neuropathy."

o) from adonaiohw.com/wp-content/uploads/2022/09/LFTC-Handout-Insufflation-copy.pdf:

"Insufflation Therapy. Health and wellness is a main subject of interest in society today. But what does it really mean to be healthy? Being healthy is about having abounding energy, flexible joints and muscles, and ingenious brain function—all till we are 100 years old. Being healthy means being excited each day for what it will bring, freedom to do anything that we wish in life, with the ability to mentally and physically handle any of the "curve balls" that will be thrown our way. Being healthy means living each day to the fullest—from sun up to sun down. How can you be healthy? In order for us to be healthy, our cells need to be healthy. That makes sense; we are made out of trillions of cells. And healthy cells need oxygen. But don't we get enough oxygen from the air we breathe? In short, the answer is no. DISEASE AND OXYGEN Anaerobic is relating to, involving, or requiring an absence of oxygen. So anaerobes are organisms that grow without air, or require an oxygen-free environment to live. Most infections or disease occur

because our body's lack of oxygen gives these anaerobes conditions to thrive. We are constantly lacking oxygen due to polluted air, sedentary lifestyle, and poor diet. The toxins we are constantly being flooded with and absorb into our bodies require a lot of oxygen to in turn eliminate. This function requires more than we have in "reserves." For example, the growth of cancer cells is a fermentation of sugar process, which can only be initiated by the absence of oxygen. So the more oxygen you have in your body, the harder it is for cancer to grow. The lack of oxygen in our bodies is causing an over-growth of harmful microbes, which will lead to a breakdown of enzymatic reactions, overload of metabolic wastes and ultimately the death of cells. It also causes mental decrease, increases cyclic mood disorders, prevents detoxification, and accelerates degenerative diseases. Low levels of oxygen cause the accumulation of lactic acid, which causes pain. Lactic acid also causes degeneration, which is another term for aging. Low levels of oxygen also cause injuries to heal slowly. The reason that some injuries completely heal and

others don’t has to do with circulation. In order for a damaged area of the body to regenerate and heal, it must have the critical elements that only the blood can provide: vitamins, minerals, and oxygen. One of the best ways to resolve chronic pain patterns, increase circulation and nutrient distribution and arrest the aging process is to restore oxygen levels. An excellent way to do this is thru insufflation therapy. This treatment method puts a powerful ozone/ oxygen mixture (actually a gas) through a small catheter into the colon of the patient. This is a painless application of oxygen that is highly effective at delivering one of the most critical elements to life itself. The infusion of gas into one’s rectum is not as strange a procedure as one might think. Many surgeons know the colon as “the third lung”. Around the world it is an accepted procedure during lung transplants and other surgeries, to infuse 100% oxygen into the colon. This oxygen is readily absorbed by the blood vessels surrounding the colon, and helps to ensure the patient maintains adequate oxygen supply during these procedures. Anyone using any form of ozone therapy must ensure they are taking antioxidants! The usual complement of supplements includes: beta carotene, vitamin E, vitamin C, B complex vitamins, selenium, and vitamin A if desired. This is not only to protect the patient, but also to ensure sufficient quantities of the correct enzymes are in place before ozone begins to “push” certain biochemical reactions within the body. There are other types or delivery methods of insufflation using medical grade ozone for the purpose of eradicating infection and improving cellular function. The same principles can be applied for ear and nasal insufflation as well as vaginal insufflation. Rectal Rectal insufflation can be used for just about any chronic and systemic condition or infection as noted above. Once in circulation, ozone can be an extremely useful boost to the immune system as well as killing unwanted pathogens and microbes. Due to it’s direct infusion to the GI tract, it would be the obvious choice for leaky gut, hemorrhoids, Cohn’s, Inflammatory bowel disease, diverticulitis, cancers of the GI tract, and much, much more. Vaginal Due to the direct delivery into the female cavity this particular treatment can be utilized for conditions such as infertility, endometriosis, painful periods, yeast infections, PCOS, fibroids, hormonal imbalances, or even unexplained pelvic pain. Ear/ Nasal For the treatment of obvious infections, viruses and bacteria such as sinus infections, pneumonia, strep throat, etc. focusing ozone insufflation in the ears and nose can be highly effective at accelerating the healing process. From a natural standpoint, this type of treatment should be considered before antibiotics, other medications, and even surgeries. This treatment is also known to have massive impact on brain fog, ADD, memory, seizures, and other neurological and brain conditions as it is a direct infusion giving the brain exactly what it needs for cellular communication, circulation and improved function. *Although used by an estimated ten million patients in Europe since the early 1960’s, the therapeutic use of medical ozone (technically known as a “bio-oxidative therapy”) is largely a mystery to North Americans. Hailed as a safe, effective and low-cost treatment for a wide spectrum of diseases- including Candida, cancer, heart problems and infections- proponents feel that they can go far in resolving America’s health care crisis.”

p) from adonaiohw.com/wp-content/uploads/2019/12/Letter-1.pdf:

“Adonai Optimal Health and Wellness 31 Hawleyville Rd. Newtown, CT 06470 (888) 655-8489: P (888) 307-4304: F naturalhealthpractitioner@gmail.com Dear Patient, Dr. Yvette M. Whitton and Adonai Optimal Health and Wellness makes no claim to be able to treat cancer but the services we provide is designed to treat the patient housing the cancer by supporting the immune system by means of nutritional support, detoxification, and mind-body medicine. In so doing, believing in the innate ability of the body to effect healing through the restoration of harmony between mind, body and spirit. We utilize specialized laboratory testing in order to design an individualized program for each patient that specifically addresses their nutritional needs. In addition, we utilize evidence based procedures that are designed to rid the body of toxins and to optimize healing. Dr. Whitton does not discourage the patient from seeking conventional treatment modalities such as surgery, chemotherapy or radiation as recommended by the National Cancer Institute and other governing agencies. The primary goal at Adonai Optimal Health and Wellness, is to provide the patient diagnosed with cancer with scientifically, and clinically proven, evidence based medical protocols that can optimize the outcomes of conventional therapies, as well as minimize the effects of toxicity often experienced with chemotherapy and radiation therapy. By the application of signature below, the patient understands, and acknowledges the content above and agrees to treatment being fully advised of their options.”

107. ND Moran and ND Varano Pages rootsmedicalcenter.com

a) from rootsmedicalcenter.com/what-is-naturopathic-medicine:

“What is Naturopathic Medicine? Naturopathic Medicine is a type of wholistic medicine that focuses on individual care to address the ROOT cause of the illness. Principles of Naturopathic Medicine: First Do No Harm: Core to all medical practice is the desire to help the human form and condition. NDs typically approach care by utilizing the most natural, least invasive and least toxic therapies. NDs will refer when the patient’s presentation is outside their scope or level of skill. The Healing Power of Nature: NDs recognize the value of our natural world in assisting the healing process. Not only do NDs utilize substances that originate in nature, but they also incorporate a healthy natural environment as foundational to human health. Naturopathic doctors recognize and harness the body’s inherent wisdom to heal itself in order to guide patients to wellness and total health. Identify and Treat the Causes: There is a time and place for symptom suppression, however most naturopathic patients will benefit from identifying the underlying causes of illness and removing obstacles to cure. Doctor as Teacher: Naturopathic doctors elevate patient health literacy. That means that NDs are part of the team helping patients have a better understanding of what it takes to be and stay well. Through education and a trust-based relationship, patients better understand the steps they need to take to achieve and maintain health. Treat the Whole Person: Naturopathic doctors understand the interconnectedness of our body, our environment and our lifestyle on total health. It is only through this whole-person-based approach that NDs seek to restore balance and health. Prevention: Naturopathic medicine affirms that it is better to prevent illness and suffering whenever possible. Through their comprehensive practice, NDs combine all six principles in order to identify potential

areas of imbalance and teach patients how to get well and stay well. Naturopathic Doctors: Naturopathic Doctors are physicians clinically trained in natural therapeutics and whose philosophy is derived in part from the 2000-year-old Hippocratic teaching (vis mediatrix naturae) that nature is the healer of all diseases. Their practice is based on the same biomedical science foundation that conventional practice is; however, their treatment philosophies and approaches differ considerably. While Naturopathic Doctors and Conventional Physicians share common diagnostic methods, naturopathic physicians treat patients using natural therapies such as physical manipulation, clinical nutrition, botanical medicine, homeopathy, counseling, acupuncture, hydrotherapy, ect [sic] in addition to conventional therapies when indicated. They choose treatment based on the individual patient, not based on the generality of symptoms."

b) from rootsmedicalcenter.com/general-8:

"Naturopathic Oncology. Naturopathic Oncology is an integrative approach to cancer care that utilizes evidence informed practice of the safe and effective use of natural and supportive therapies, when combined with conventional treatments. The naturopathic oncology doctor carefully evaluates the research literature for natural substances for cancer and how they can work independently, synergistically or in conjunction with traditional medical treatments such as surgery, radiation, chemotherapy and immunotherapy. The goal of Naturopathic Oncology is to create a healthy environment both inside and outside the body. This is especially significant for people with cancer. Naturopathic medicine makes use of time-tested, scientifically grounded, natural methods to strengthen the body's ability to heal itself. Naturopathic oncology utilizes natural therapeutics, including both modern and traditional methods of treatment. Through diet and nutrition, exercise, vitamin and mineral supplementation, botanical medicine, homeopathic remedies and more, naturopathic medicine can support the body's own healing abilities and strives to empower individuals to make lifestyle changes necessary for optimal health. You can improve your chances of survival and create a healthy anti-cancer environment inside your body after or during conventional treatments by truly beginning to understand the way in which the tumor initially developed. Surgery, chemotherapy and radiation are aimed at getting rid of the tumor, and they may be the best way to do so. However, they are not aimed at the reason that the tumor developed in the first place. This is the area where Naturopathic Oncology shines. Cancer patients hoping to improve their survival rates, ease their symptoms, and improve their quality of life can do so under the supervision of their naturopathic doctor, working closely with their medical treatment team. This integrated approach gives cancer patients the best chance at a healthy future. Naturopathic doctors believe that there is an underlying cause to the cancer environment in the body that allowed a tumor to develop. Your doctor will explore these causes with you, which may include; immune system problem, toxicity of chemicals in the system, lack of certain nutrients, and stresses on the body, whether psychological or physical. Furthermore, naturopathy utilizes a holistic approach to healing, addressing the whole person: body, mind, and spirit. The core of naturopathic medicine is to treat each person as an individual and to consider their whole being. We do not treat one

bodily system as a separate entity from the rest of the person. It is equally important to care for the mind, the body, and the spirit in the appropriate manner for each unique patient."

c) from rootsmedicalcenter.com/colonics:

"Colon Hydrotherapy/ What is Colon Hydrotherapy? Colon hydrotherapy is a method of removing waste from the large intestine without the use of medication. By introducing warm, filtered water into the colon, waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated a few times during a session. Session Expectations. A colonic session is a comfortable experience for most people; however, if discomfort is experienced, the session can be stopped at any time. Techniques utilized allow a small amount of water to flow into the colon, gently stimulating the colon's natural peristaltic action to release softened waste. The inflow of a small amount of water and the release of water may be repeated several times. The removal of waste should encourage better colon function and elimination. During a session, most clothing can be kept on, with a drape or gown covering the body to ensure modesty. Your dignity is always maintained. How Many Colon Hydrotherapy Sessions are Needed? Everyone is different, so the number of colon hydrotherapy sessions will depend completely on the individual and his/ her wellness goals. Just as some people exercise on a daily or weekly basis to tone and tighten their outer body, some people also have their own on-going cleansing, toning and rebuilding regimen for their inner body. Colon hydrotherapy can be used as part of any regular maintenance program. Cautions and Recommendations. Colon hydrotherapy is not for everyone. Each client must complete a health history form to screen for possible contraindications. A prescription from a medical provider may be necessary. If you have any questions, feel free to call the office. Sanitation. Modern colon hydrotherapy equipment is manufactured in compliance with strict federal guideline that dictate rigorous accountability. Our machine is an FDA-approved closed system. The speculums and tubing are single-use and disposable. (Copyright 2015 I-ACT; all rights reserved) Treatment Session- $125 (60minutes) (3 Pack- $330)."

d) from rootsmedicalcenter.com/about-5:

"Irritable Bowel Syndrome. Irritable bowel syndrome is a diagnose of gastrointestinal tract symptoms which correlate to inflammation of the digestive system. Over 15% of the population is diagnosed with IBS but estimates suggest over 50% of the population is experiencing similar symptoms. Symptoms vary from minor digestive discomfort to severely compromising health and function, but all symptoms are abnormal. IBS has been strongly correlated many diseases and inflammatory conditions of the digestive system. But it can also affect other parts of the body, leading to a number of exacerbation in inflammatory joint, skin and neurologic conditions. Symptoms: Symptoms can include: Abdominal pain Bloating / Distention Gas / Burping Diarrhea / Constipation Unintentional weight loss / weight gain Nausea / Acid reflux Joint stiffness Skin changes (Eczema, Psoriasis, Rashes,) Brain fog Associated Diseases: These diagnoses can be caused by or correlated to IBS: "Leaky Gut" Food sensitivities Autoimmune disease

Dermatitis, Eczema, Psoriasis Low Stomach Acid SIBO Candida Mast cell activation syndrome Crohns, Colitis, Celiac. Causes: Although the causes can vary, there is strong correlation to an imbalance of the microbiome within the gastrointestinal tract. Your gastrointestinal tract is made up of hundreds of trillions of microbes. When something interrupts the function of the digestive system such as high amounts of stress, medications like antibiotics, poor diets, pesticides and toxins, infections and trauma, the enviroment [sic] of the microbiome can change. This may lead to Dysbiosis, or an imbalance of the microbiome, like an overgrowth of a species of bacteria or an infection. Dysbiosis can lead to a series of inflammatory symptoms consistent with the classification of Irritable Bowel Syndrome. Testing: Conventional testing includes: - Colonoscopy - Endoscopy - Xray with contrast - Celiac Testing- Lactose Intolerance Testing - Stool sampling for blood or infection. Additional Alternative testing includes: - Comprehensive Microbiome Testing for dysbiosis - Breath testing for bacterial fermentation - Food Intolerance testing Microbiome Testing. Treatment: The great news.... these symptoms are not only treatable but reversible with the right treatment! With a individualize comprehensive treatment plan, including dietary guidelines and microbiome treatment, symptoms can significantly improve within a few weeks to months. Our doctors use a precise combination of treatments based upon symptoms and test results. Listed below are some the strategies used: Diet - Low FODMAP - Anti-Candida Diet - Elemental Diet Antimicrobials (natural and pharmaceutical) - Anti-fungals - Anti-biotics - Anti-parasitics Digestive Support - Digestive Enzymes - Probiotics Structural Support - Craniosacral therapy - Acupuncture, - Massage - Breath work/ Exercise Additional Support - GI Repair Powders or Collagen - Motility support supplements - IGG/Colostrum Immune support - Binders - "Die off" / Herx reactions”

e) from rootsmedicalcenter.com/about-5-4:

“BioCharger Light and Sound Therapy. The State of the Art BioCharger™ is a light and sound therapy machine. The transmitted energy stimulates and invigorates the entire body to optimize and improve potential health, wellness, and athletic performance. The BioCharger is completely non-invasive, and has shown to restore strength, stamina, coordination and mental clarity. $20 per single session $100 for a 7 session "punch card" An average session is 15 minutes ”

f) from rootsmedicalcenter.com/post/do-we-really-need-to-detox:

“Do We Really “Need To” Detox - Dr. Zachary Moran, ND “Detox” is a very common but polarizing term recently. For some it is viewed as a necessity to maintain optimal health. For others, it's a complete turn off, knowing some will use it as a gimmick to sell a product or a program. As a naturopathic doctor, who has studied extensively in environmental toxicology and human physiology, I can tell you that both are true. Detoxification is essential, now more than ever. But because of that, many people are exploiting it for profit and publicity. So, navigating and understanding proper detoxification starts here. We are designed to detox independent of expensive and intense therapies or procedures. Our liver, lymphatic system, immune system, cell membranes and many other organ systems are

designed to work synergistically to rid our bodies of toxins that we get daily exposure to. However, our resources to aid this detox system have reduced dramatically. General weight gain, increased medication use, sedentary lifestyles, inflammation and poor health quality with less sleep, nutrition, hydration, sunlight… etc. have led to an impaired detox system while toxins accumulate more rapidly than ever before. Our exposure to toxins has grown dramatically over the past few decades in both volume and new exposures, making our detox system work overtime. Approximately 2,000 new chemicals are introduced into the U.S. commercial market each year, while global figures are much higher. The average American is exposed to thousands of chemicals and toxins in food, air, water, and environment every day. The main controversy of detoxification comes from understanding acute toxicity like carbon monoxide poisoning vs chronic accumulated toxicity like heavy metal or mold toxicity. Almost all research and testing is focused on acute toxicity that would cause immediate and life threatening concern. Most daily toxic exposures are below thresholds of immediate concern, resulting in data showing “no harm” since they are only studied short term. But with chronic daily low-grade exposure, accumulation can eventually lead to severe chronic disease patterns. A slow, undetected toxic exposure can cause significant harm. These toxicities will slowly build up in the tissues impairing our normal cellular function. Which will bring patients to our clinic with symptoms of fatigue, lower mood status, chronic inflammation, weight gain, musculoskeletal pain, routine infections and more. Toxicity also creates chronic inflammation, the root of all illness. Chronic inflammation is going to create significant stress, affecting energy, mood, hormones, fertility, immune function, weight gain, pain, and even predispose to cancer. Our exposures come from a variety of locations and unfortunately avoiding them all is impossible. But the more we can lighten the toxic burden, the more effective our function and quality of life will be. Identifying sources in our food, water, air and environment can be relatively simple and very effective. I often refer to the Environmental Working Group as a starting place for patients to help understand where to reduce toxic exposures. Our detox system is designed to excrete toxins through urine, stool and sweat. We can enhance our detoxification tools using sauna for increased sweating capacity, massage and exercise for increased lymphatic drainage, colonics with bowel regularity, and nutrient IV therapies to support with hydration and mitochondrial energy. Supplementation of herbs and vitamins can also aid with these detox strategies, including cellular detoxification. Here at Roots, we use diagnostics that help us accurately identify what type and volume of toxins have over accumulated. Then we utilize a variety of therapies and procedures to help patients detox and reduce their toxic burden. It is a scientific based approach to personalizing the need of detoxification. Most of our patients here at Roots are seeking care for chronic infections, chronic inflammatory diseases, chronic autoimmune diseases, cancer and other conditions that don’t come from obvious causes. When we comprehensive investigate each patient’s health conditions, we often see a strong connection to high levels of toxicity. Because of this, we highly advocate for routine proactive detox if the form of clean water, food, and air, routine sweating and bowel movements, while adding nutrition and hydration so that we can live the cleanest and healthiest lifestyles.”